

33rd ANNUAL GUNNER SHAW CROSS COUNTRY RACE

www.lgrr.com for details

Saturday, Dec. 3rd, 2016, 11:00 am, Jericho Sailing Centre, Vancouver

Race-day registration: 9:30-10:30am

Mail or e-mail to: Lions Gate Road Runners

P.O. BOX 74576 - Kitsilano RPO, Vancouver, BC V6K 4P4

(must be post-marked by Friday, Nov. 25th)

gunnershawxcountry@gmail.com

(must be received by Tuesday, Nov. 29th)

ENTRY DETAILS

Distance (10K) _____ or (5K) _____

Name: _____

Male: _____ Female: _____ Date of Birth: _____

Team Name (only for 10K): _____ (4 people needed per team)

E-mail address: _____

Entry Fee: Age: 19 and under = **\$17**

20-64 = **\$24**

65 and over = **\$19**

Entry fee: _____

BC Athletics members: Subtract \$3 day-of-event insurance discount:

BC Athletics #: _____ and Discount (-\$3.00): _____

Cheques payable to "Lions Gate Road Runners" Total: _____

ATHLETE'S RELEASE AND WAIVER (must be signed)

In consideration of you permitting me to participate in this event, I hereby, for myself, executors, administration and personal representatives, release B.C. Athletics, the organizers of the event, their agents, volunteers and sponsors, from all liability, and I waive, as against the organizers, agents, volunteers and sponsors, all claims of any kind whatsoever that I might have for personal injuries or property losses suffered by participation in this event. I certify that I have full knowledge of the risks involved in this event and I am physically fit and able to participate, and that unless indicated to the contrary by the signature of the guardian below, I am 19 years or older.

Signature of athlete:

Date:

(Parent or guardian, if athlete under 19 years)
