

**LIONS GATE ROAD RUNNERS
28th ANNUAL GUNNER SHAW CROSS COUNTRY**

**SATURDAY DECEMBER 3rd, 2011
Start: 11:00 am (5K and 10K combined)**

ENTRY FEES:

BCA members \$12 (20-64) or \$7 (<20 and 65+)

NON- BC Athletics members add \$3.

Distance (10K or 5Km):

Fee paid:

BC Athletics#:

Name:

M/F:

Date of Birth:

Age on Race Day:

Team Name:

Address for results (Mail or E-mail):

ATHLETE'S RELEASE AND WAIVER (must be signed)

In consideration of your 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:

(Parent or guardian, if under 19 years)

Date:

**Please send completed form to: Roger Brownsey (LGRR), 503-2409 West 43rd
Ave, Vancouver, BC, V6M 2E6 (or to rogerb@interchange.ubc.ca)**
