

41st Annual
9.5k / 5.9m

JAMES CUNNINGHAM SEAWALL RACE



Sunday, October 30, 2011

VANCOUVER • BRITISH COLUMBIA



HALLOWEEN
9.5K RUN

Photos by Ron Sombilon



TEAM CHALLENGE

GRAND PRIZE

Two Night Hotel Package
at a participating



benefiting
juvenile arthritis



THE VANCOUVER SUN



celebrating 40 years

www.seawall.lgrr.com

Lions Gate Road Runners

CONTACT INFO • Geoffrey • seawall@lgrr.com

JAMES CUNNINGHAM SEAWALL RACE

41st Annual Sunday, October 30, 2011 • 10:00 am

RACE INFORMATION (runners and walkers welcome)



START / FINISH: 10:00 am
Second Beach, Stanley Park, Vancouver.

COURSE: (Certified)
9.5K around Stanley Park Seawall

CATEGORIES: Male & Female
under 16, 16-19, and 5 year age groups to 75+.
Medals to top 3 finishers in each category.

CASH PRIZES: Male & Female
Overall 1st-\$300, 2nd-\$200, 3rd-\$100
Juniors (under16 & 16-19) Running Room gift cards to top three

TEAM CHALLENGE: Prizes to top three teams. 5 members per team. Men's, Women's and Mixed (min.2 women).
All team members to register individually.

RACE PACKAGE PICK UP



PRE-RACE PACKAGE PICKUP:

Denman Running Room
D103-679 Denman Street, Vancouver
Friday, October 28, 2011 (5:00 pm to 9:00 pm)
*Teams may pick up starting at noon.
Saturday, October 29, 2011 (12:00 noon to 5:00 pm)

RACE DAY PACKAGE PICK-UP & DAY OF RACE REGISTRATION :

Sunday, October 30, 2011, 8:30 am to 9:45 am

REGISTRATION (\$20 Until October 23, 2011)

ONLINE

www.runningroom.com
until Tuesday
October 25, 2011
(Oct. 24 for Cotton Shirts)

IN PERSON: ANY LOWER MAINLAND
RUNNING ROOM STORE until October 23, 2011
DENMAN RUNNING ROOM until October 29, 2011
BY MAIL: DOWNLOADABLE ENTRY FORMS
www.lgrr.com postmarked no later than Oct. 19, 2011

GYMSKINZ.COM



Our popular GYMSKINZ Long Sleeve Technical Shirts are again being offered this year. Men's and women's sizing are available. Register by October 2, 2011 to guarantee your shirt size. Sample tech shirts will be available at the Denman Running Room during September. (The tech shirts are slightly smaller than normal sizing). Long Sleeve Cotton Shirts (Charcoal) are also available.



ENTRY FORM

#

Bib Number



JAMES CUNNINGHAM SEAWALL RACE

30 October 2011

Runner Walker Male Female

Last Name _____

First Name _____

Address _____

City _____ Province/ State _____

Postal/ ZipCode _____ Country _____

Telephone (H) _____ (W) _____

Email Address _____

Birth Date ____/____/____ Age ____

BC Athletics # _____ (circle one)

Long Sleeve Technical Shirt (\$28) S M L XL
(must register by October 2, 2011) Men's Women's

Long Sleeve Cotton T-Shirt (\$16) S M L XL

TEAMS OF 5 RUNNERS Team Name: _____
Team Category Male Female Mixed
(min 2 Women)

MAIL ENTRY: (postmarked no later than October 19, 2011)
Cheques payable to: Lions Gate Road Runners

LIONS GATE ROAD RUNNERS
PO BOX 74576
Kitsilano RPO
Vancouver, BC, V6K 4P4

RUNNING ROOM STORE LOCATION #: _____
Cash or Cheques payable to: Lions Gate Road Runners

CREDIT CARD ENTRIES MUST REGISTER ON-LINE

ENTRY FEE: (Non-refundable)

Run only (no garment)	+ \$20	\$ 20
Technical Shirt (must register by October 2).....	+ \$28	\$ _____
Long Sleeve Cotton T-shirt	+ \$16	\$ _____
Late Entries (Oct. 24-30) add \$5.00.....	+ \$5	\$ _____
Juniors (19 & under) deduct \$8.00.....	- \$8	\$ _____
B.C. Athletics members deduct \$3.00.....	- \$3	\$ _____

Cash Cheque
(Cheques payable to: Lions Gate Road Runners) TOTAL \$ _____

WAIVER

In consideration of accepting this entry I hereby for myself, my heirs, executors and administrators waive and release any and all rights and claims for damages I may sustain against the event organizers of the race, Saucony, The Arthritis Society, Subway, the City of Vancouver, BC Athletics, Running Room, and any of their agents, representatives, successors and assigns, including the race sponsors, for all and any injuries I may sustain during the course of the event.

Signature of Athlete or Parent / Legal Guardian (If athlete is under 19 years of age) _____ Date _____