



SHAUGHNESSY 8K

Cindy's 5K Poker Walk

Sunday • May 27 • 2012 • 8:30am



BC Epilepsy Society



CELEBRATING 41 YEARS

IN SUPPORT OF BC EPILEPSY SOCIETY

GRAND PRIZE
Weekend use of a
MINI VEHICLE

plus an Overnight stay at the
SANDMAN KELOWNA HOTEL



MINI YALETOWN



LOWER
MAINLAND
ROAD RACE SERIES



2012 BC 8K Championships

ORGANIZED BY LIONS GATE ROAD RUNNERS
www.lgrr.com

HOW TO ENTER



Register on-line @
www.runningroom.com
(go to: events - online event registration - BC)

Register online until Tuesday, May 22, 2012 midnight
(An Online registration processing fee will be added)

REGISTER BY MAIL

REGISTER BY MAIL postmarked by: May 18, 2012

MAIL TO:

LIONS GATE ROAD RUNNERS
P.O. BOX 74576
Kitsilano RPO
Vancouver, BC, V6K 4P4

REGISTER IN PERSON

ENTRY DEADLINE: Sunday, 20 May 2012



Cheques payable to:
'Lions Gate Road Runners'

AT ALL RUNNING ROOM STORES
IN THE LOWER MAINLAND

LATE REGISTRATION

ALMA ST. RUNNING ROOM ONLY (May 21-26)
235 - 2083 Alma St., Vancouver, BC, (604) 225-0222
KERRISDALE ARENA (May 27 - Race Day)
41st & East Blvd., Vancouver, BC

PACKAGE PICK-UP

PRE-RACE PACKAGE PICKUP:

RUNNING ROOM- 2083 Alma Street, Vancouver
Saturday, May 26, 2012 (11:00 am to 5:00 pm)

RACE DAY PACKAGE PICKUP &

DAY OF RACE REGISTRATION :

Sunday, May 27, 2012 (7:00 am to 8:15 am)
Kerrisdale Arena, 5670 East Boulevard, Vancouver

2012 BC 8K CHAMPIONSHIPS

Lions Gate Road Runners is honoured to host
the 2012 & 2013 BC 8K Championships.
Eligible runners must be Junior, Senior, Masters
or Road & Trail Members of BC Athletics.

Championship Medals and Prize Money will be
awarded to the top three OVERALL eligible BCA
Members. 1st-\$200, 2nd-\$100, 3rd-\$50
Championship Ribbons will also be awarded to the
top three eligible BCA members under 20 and
5 year age groups from ages 20 to 100.

ENTRY FORM

#

Bib Number

RUNNING ROOM SHAUGHNESSY 8K Cindy's 5K Poker Walk

27 May 2012

8K RUN 5K WALK (Select one)

Birthdate ____/____/____ Age ____ M F
month day year

Last Name _____

First Name _____

Address _____

City _____ Postal/Zip Code _____

Province/State _____ Country _____

Telephone (H) _____ (W) _____

Email Address _____

CLUB OR TEAM NAME _____

BC ATHLETICS member # _____

(Only BCA Athlete members are eligible for a \$3 deduction)
(BCA Training memberships members are not eligible)

T-Shirt (Short Sleeve) Size S M L XL XXL
(circle one)

MAIL ENTRY: (postmarked May 18, 2012)

RUNNING ROOM STORE LOCATION: _____
(Cheques payable to: Lions Gate Road Runners)

ENTRY FEE: (Non-refundable)

Run only (no garment)	+ \$22	\$ 22
Short Sleeve T-shirt	+ \$12	\$ _____
Juniors (19 & under) deduct \$3.....	- \$3	\$ _____
B.C. Athletics members deduct \$3.....	- \$3	\$ _____
Late Entries (May 21 to May 27) add \$5.....	+ \$5	\$ _____

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

- * Race entry includes a Day of Event BC Athletics membership.
- ** Only BCA ATHLETE members are eligible for this \$3 deduction.
BCA Associate members or Training members are not eligible
for this deduction.

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, the City of Vancouver, BC Athletics, Running Room, Timex, 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 _____ Date _____
Parent/ Legal Guardian (If Athlete is under 19 years of age)

PRIVACY

To respect the privacy of our participants, information given on this form will be
used for internal race purposes only and will not be forwarded to anyone else.