

Event Participant Waiver

June 19, 2011

WAIVER: In consideration of acceptance of my entry, I hereby for myself, my heirs, executors and administrators, waive and release any and all rights or claims for damages I may have against the organizers of this race, the City of Kamloops and the Kamloops Ridge Runners, and their agents, representatives, successors, and assigns, and the race sponsors, for all and any injuries I may sustain during the course of the event. I further hereby grant full permission to the race organizers, and the Kamloops Ridge Runners, to use my name, gender, age, home town, and race results from this event in any publicity related to this event, including posting of the race results and pictures to the KRR and related running club websites.

Signature of Athlete

(or parent if under 19 years)



Kamloops Ridge Runners Society

“To assist and encourage interested members of the community to wards good health and fitness, via both competitive and non competitive running

In 1981 the KRR registered as a non profit society and began it's journey as one of the oldest run clubs in the Interior.

This year we are celebrating our 30th anniversary! If you or someone you know would like to attend the festivities please email

kamloopsrdigerunners@hotmail.com

Or watch for details

www.ridgerunners.bc.ca



Bare As You Dare

8 Km

Underwear

Walk/Run-A-Thong



Sunday June 19th

9am

Riverside Park

Kamloops

When

Sunday, June 19, 2011

The pants drops at 9 am

Where

Riverside Park. West Tennis Court parking lot

Post Race

Food and refreshments

Draw prizes—must be present to be eligible for draw prizes.

Age Category medals: Awarded 3 deep 10 yr increments to Nordic Walkers and runners

“Dare” prize to most notable underwear!

Sponsors

We Wish to thank The City of Kamloops, BC Athletics, Runners Sole and of course all of our contributors.

Registration

Mail: Box 1044 Kamloops, BC V2C 6H2

In person: Runners' Sole (cash or cheques only)

Or day of event *until 8:30 am*

Course Information

An out and back route along the River's Trail system from Riverside Park, through Pioneer Park. A dash along River & Lorne St before heading to the turn around point on the Jack Gregson Trail.

For more race information contact:

Sherry Maligaspe 250 374-8492

maligaspe@shaw.ca

Donna Rhynolds 250 372-2228

Bare As You Dare

The inaugural event was so much fun that the Kamloops Ridge Runners Society is hosting the Bare as You Dare again.

Started as a fundraiser by two of it's members for the Kidney Foundation of Canada 's 100 km Kidney March, the Ridge Runners will carry on with the charitable theme.

100% of the profits from this year's event will be donated and stay local.



ENTRY FORM

First Name: _____

Last Name: _____

Gender: Male Female

Birthdate: D _____ Mon _____ Y _____

(e.g. 17 Sep 1953)

Age as of Dec. 31/10: _____

2010 BC Athletics Number: _____

Address: _____

City: _____

Prov: _____ Postal Code: _____

Phone: _____

Email: _____

FEES:

Non BC Athletics Member \$20 _____

BC Athletics Member \$17 _____

Make cheque payable to:

Kamloops Ridge Runners

PO Box 1044 Kamloops, BC V2C 6H2

OFFICIAL USE ONLY

Bib #

Category