



Summerfast 10km

Saturday July 21, 2012 – 8:00 am
Ceperley Park

(Near Second Beach Pool, Stanley Park)

Register Online at www.VFAC.ca



**LOWER
MAINLAND**
ROAD RACE SERIES

Sponsored By:



Benefiting:



Saturday July 21, 2012

8:00 a.m. Start

Ceperley Park – Stanley Park

Pay Parking at the Ceperley Park and Second Beach
Pool parking lots.

Registration

- ☐ Online at www.vfac.ca, or
- ☐ In person at:
Denman Running Room
103 - 679 Denman Street,
Vancouver, BC
(604) 684-9771
- ☐ By mail to:
Vancouver Falcons Athletic Club
164 - 2906 West Broadway
Vancouver, BC, V6K 2G8

Package Pick-up

- ☐ Friday July 20th 4 – 7 p.m.
Denman Running Room
(in-store sale during package pick-up)
- ☐ Day of Race 6:30 – 7:30 am only
Ceperley Park

Race Info

- ☐ Course map at www.vfac.ca
- ☐ BCA certified course (#BC-2010-067-BDC)
- ☐ Chip timed
- ☐ Run or walk along paved park pathways
and the Seawall
- ☐ Water on course
- ☐ First Aid on-site
- ☐ Gear check available
- ☐ Lots of Prizes
- ☐ Famous Post Race VFAC Baking!

Prizes

Open (male & female)

1st – \$100

2nd – \$50

3rd – Timex Watch

Masters (male & female)

1st - Shoes

Summerfast 10K 2012 Entry Form

Official use only
Competitor's Number

Please PRINT CLEARLY

Name

Last _____

First _____

Age ____ Birthday month / day / year M / F

Address

Street _____

City _____ Prov. _____

Phone _____ Postal Code _____

E-mail _____

B.C. Athletics 2012 # _____

Entry Fees

Postmarked by July 6 st	\$30
Late Entry (July 7 nd – 20 th)	\$35
Day of Race	\$40
B.C. Athletics members deduction	\$3

Total Enclosed \$ _____

Paid by CASH or CHEQUE

Waiver

In consideration of you permitting me to participate in this event, I hereby, for myself, executors, administrators and personal representatives, release the organizers of this event, their agents, B.C. Athletics, volunteers and the event sponsors from all liability, and I waive as against the organizers, agents, B.C. Athletics, volunteers and event sponsors, all claims of any kind whatsoever I may 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 parent / guardian below, I am 19 years or older.

Athlete's Signature

Parent or Guardian (if athlete is under 19 years)