



SummerFast 10km

Saturday July 19, 2014 - 8:00 am
Ceperley Park

(Near Second Beach Pool, Stanley Park)

Register Online at
www.summerfast10k.com



LOWER MAINLAND
ROAD RACE SERIES

TIMEX
NATIONAL ROAD RACE SERIES



Saturday July 19, 2014
8:00 a.m. Start
Ceperley Park – Stanley Park
Pay Parking at the Ceperley Park and Second Beach Pool parking lots.

Registration

- Online at:

<http://vfac.ca/club-events/summerfast-10k/>

- By mail to:

Vancouver Falcons Athletic Club
1106-488 Helmcken Street
Vancouver BC, V6B 6E4

Package Pick-up

- Friday July 18
4:00 to 7:00 pm
Denman Running Room
- Day of Race 6:30 – 7:30 am only
Ceperley Park

Race Info

- 2014 BC 10K Championship
- Race information and map at <http://vfac.ca/club-events/summerfast-10k/>
- 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
- Famous Post Race VFAC Baking!

Prizes

Open (male & female)

Summerfast 10K 2014 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 2014 # _____

Entry Fees

Postmarked by July 4 th	\$30
Late Entry (July 5 th – 18 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)