

Waiver & Release

I know that running a road/trail race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that although there will be assistance, there will be traffic on a section of the course route. I assume the risk of running in traffic. I also assume any and all other risks associated with running in the event including but not limited to falls, contact with other participants, the affect of the weather, and the condition of the roads, all such risks being known and appreciated by me. Knowing these facts and in consideration of you accepting my entry, I hereby for myself, my heirs, executors, administrators or anyone else who might claim benefit on my behalf covenant not sue and waive, release, and discharge Whistler Valley Trail Run, Resort Municipality of Whistler, race officials, volunteers, any and all sponsors including their agents, employees, volunteers or anyone acting for or on their behalf, for any and all claims of liability or death, personal injury or property damage of any kind or nature whatsoever arising out of or in the course of my participation in this event. The Release and Waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown. Applications for minors will be accepted only with a parent's signature and should be signed by the minor also.

Participant's Signature: _____

Guardian's Signature: _____

Date: _____



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Mail Entry Forms to:
P.O. Box 750,
Whistler, BC V0N 1B0



5 km & 10 km

Sunday May 25, 2009
9:00 am

1st race in the S2S
Trail Running Series
New Run Route!!!!

Sign up online today!!!

www.whistlervalleytrailrun.org

TEDDY BEAR TROT
STARTS AT 10:15
Register day off event!!

Proceeds from the
2009 Whistler Valley Trail Run
will benefit
The Youth Community Foundation of
Whistler

New For 2009
Check out our online training!!

Race Information

The 18th Annual Whistler Valley Trail Run

features new 5 km & 10 km courses! Enjoy the great singletrack trail 'Tin Pants' in Lost Lake Park.

Come out and set the new course record!

Start: 9:00—Spruce Grove Park

(off highway 99 turn right on

Finish: Spruce Grove Park

Awards: Dubh Linn Gate Pub

Register Now!

Visit: www.whistlervalleytrailrun.org today!

7th Annual Teddy Bear Trot-10:15am

For kids under 10—your very own fun run! Bring your favorite teddy bear to run a short course we've designed especially for you. All kids are winners in this event (no placing prizes awarded).

Make it a family weekend with the 5th Annual KIDS of STEEL Triathlon and third Annual Adult Try-A-Tri on Saturday, May 23rd.

(www.whistlertriclub.ca)

Looking for a place to stay?

Enjoy Whistler a little longer with great offers from : Delta Village Suites

Conditions of Entry

1. All entries are non-refundable & non-transferable
2. All entrants must complete the official entry form and submit the correct entry fee in CDN dollars
3. All entrants must sign the waiver on the reverse of the entry form (for Family price all members must sign waiver)
4. The course is restricted to walkers, joggers and runners. Please no dogs or baby joggers.

Entry Fees

You will receive one pair of DeFeet running socks with each Online and Early Bird Entry fee this year—sorry, no socks after May 11th or with day of race entries! Online entry fee for Adults is \$28.

Advanced Registration

Register online at www.whistlervalleytrailrun.org or mail entry to: WVTR 2007, P.O. Box 750, Whistler, BC V0N 1B0. Mail entries must be received by Friday, May 25th.

Day of Race Registration

7:30—8:30 at Spruce Grove Field Concession

We will stop registration at 8:30 SHARP!!!!

Race Package Pick-Up

Pick up your bib # at the Salomon store May 23rd from 12 noon —4 pm or at Spruce Grove on Sunday, May 24th from 7:30—8:30 am.

Awards

Join us at 11 am to celebrate your accomplishments with the other runners, eat great treats and stay put for awesome draw prizes (you must be present to win).

KIDS DROP ZONE RETURNS!

Pre-registered babysitting for (toilet-trained) 3—8 yr olds sponsored by the Hilton Whistler Resort & Spa and RMOW. For more information please check our website at www.whistlervalleytrailrun.org or email Christine@c2skymultisport.com

ENTRANTS INFORMATION

First/Last Name: _____

Family members: _____

Address: _____

City: _____ Prov: _____ Postal Code: _____

Email Address: _____

Phone Number: _____

RACE CATEGORIES

Age as of race day—please circle one (all family members)

10k male	10k female	5k (coed)
A-19+ under	F-19+ under	K-15+ under
B- 20 to 29	G-20 to 29	L-16 to 19
C- 30 to 39	H-30 to 39	M-20 to 39
D- 40 to 49	I- 40 to 49	N-40+
E- 50+	J-50+	

ENTRY FEES

Type of Entry	Early Bird On or before May 11th	Regular On or after May 12th	FEES
Individual	\$20	\$25	_____
Family Mom or Dad, and Children	\$40	\$45	_____
BC Athletics members only	-\$3 BCA	-\$3 BCA	_____
	#: _____	#: _____	_____
	—	—	_____

TOTAL

Make cheques payable to Whistler Valley Trail Run

PLEASE SIGN WAIVER ON REVERSE

OFFICE USE: Amt Received: _____ Bib#(s) _____