



**Welcome** to the second running of the Golden Ears Half and 10K. We're very excited to host this event again as the course is so unique and beautiful. The Half Marathon and 10k will both cross over and back the Fraser River on the Golden Ears Bridge. Those doing the Half Marathon will also benefit from great trails and views along the north side of the Fraser River.

The race starts and finishes at the new South Bonson Community Center in Osprey Village located at 10932 Barnston Road.

All finishers of the Half Marathon and 10K will receive medals. Shirts will be available at package pick-up and start/finish area for those that are interested in purchasing a souvenir shirt.

## Register

### By Mail:

Peninsula Runners Langley  
#1-20349 88<sup>th</sup> Ave.  
Langley, B.C. V1M 2K5

### By Fax:

604-888-0883

**Online:** till March 4th at  
www.peninsularunners.com

### In Person (by March 4th):

Peninsula Runners Langley  
Peninsula Runners White Rock  
Peninsula Runners Abbotsford

### Late (March 5 – March 10):

At Langley location only. **NO DAY OF RACE ENTRY!**

### Package Pick-Up

At Peninsula Runners Langley  
Friday March 9th 10 till 6  
Saturday March 10th 10 till 6  
At Race Start Area  
Race day 7:30 - 8:30

### Awards

After the race stick around for refreshments. The awards ceremony starts at 10:30. Prizes for age groups winners in the following categories for the Half Marathon and 10K: U19, 20-39, 40-49, 50-59, 60-69, & 70+

## Please Print Clearly

Last Name \_\_\_\_\_  
First Name \_\_\_\_\_ M/F \_\_\_\_  
Birthdate \_\_\_\_\_  
Age on Race Day \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ Prov. \_\_\_\_\_  
Phone # \_\_\_\_\_  
Email \_\_\_\_\_

### ½ Entry Fees

Early Bird by Dec 31<sup>st</sup> \$40 \_\_\_\_\_  
By March 4<sup>th</sup> \$50 \_\_\_\_\_  
After March 4<sup>th</sup> \$60 \_\_\_\_\_  
Non BC Athletics Members  
Add \$3 \_\_\_\_\_  
Total: \_\_\_\_\_

### 10 km Entry Fees

Early Bird by Dec 31<sup>st</sup> \$25 \_\_\_\_\_  
By March 4<sup>th</sup> \$35 \_\_\_\_\_  
After March 4<sup>th</sup> \$45 \_\_\_\_\_  
Non BC Athletics Members  
Add \$3 \_\_\_\_\_  
Total: \_\_\_\_\_

Additional Donation \$ \_\_\_\_\_

### Athletes Release and Waiver (MUST BE SIGNED)

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 and volunteers and the event sponsors from all liability, and I waive, as against the organizers, agents, volunteers and sponsors, all claims of any kind whatsoever that I might have for personal injuries or property losses suffered by participation in this event. (parent or legal guardian must sign also if participant is under 19 years age)

Date \_\_\_\_\_