

# 2012 Fraser Valley Trail Run Series

Supported by Peninsula Runners &



This is a series of four runs taking place in beautiful park settings in the Fraser Valley. Each run will be on trails within the park and will be well marked. However these trails will be wet and muddy so come prepared to have fun and experience running in its most natural environment. After each run we will have something warm to drink and some good tasting snacks to munch on. Each run will have some great draw prizes, so stick around and see if you win! Results will be available in either store by the next day! Again this year we will have a GRAND Prize. To be eligible for the draw you must run & complete at least three of the four runs. The prize will be a Mizuno/ Peninsula Runners gift package worth \$400 in value. The draw will be made on Monday February 27<sup>th</sup>.

The four runs are:

- January 1, 2012 Resolution Run. An 8 km run that starts at the Crescent Park picnic area off Crescent Road at 10AM.
- January 22, 2012 Campbell Valley Stomp 5 & 10 km. Starts at the Little River Bowl at the end of 208 Avenue (off 16<sup>th</sup> Avenue) at 9AM sharp
- February 5, 2012 Houston Trail Footrace 5 & 10 km runs. Starts at Derby Reach Regional Park picnic area on Allard Crescent at 9AM
- February 26, 2012 The Aldergrove Mud Run. An 8 km run starting at 9AM in the main parking lot in Aldergrove Lake Regional Park off 8<sup>th</sup> Avenue between 272 and 280<sup>th</sup> Street. Great tune up for the Vancouver Sun Run!

- Single Race Entry in advance: \$15
- Day of event entry: \$20 (registration closes 15 minutes before the run starts)
- Early entry for series: \$45 (by Dec 30, 2011)
- Late entry for series: \$55 (after Dec 30, 2011)
- Top Limited Edition: \$30 (available at run or at Peninsula Runners)

For 2012 there is a limited edition Mizuno technical L/S shirt for sale. There will be only 80 shirts available & they will be available on a first come basis. They will be available in the stores & at the events from January 22 onwards until supplies run out. Their retail value is \$50 but they will be selling for \$30. The net proceeds of this series will go to support track & field in our local community.

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Entry Form: First Name: \_\_\_\_\_  
Last Name: \_\_\_\_\_  
Age on day: \_\_\_\_\_ Male or Female  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ Postal Code: \_\_\_\_\_  
Telephone: \_\_\_\_\_  
Email: \_\_\_\_\_

Events Entered: Resolution Run: 8 km \_\_\_\_\_  
Campbell Valley Stomp: 5km \_\_\_\_\_ 10km \_\_\_\_\_  
Houston Footrace: 5 km \_\_\_\_\_ 10 km \_\_\_\_\_  
Aldergrove Mud Run: 8km \_\_\_\_\_

Total Paid: \_\_\_\_\_

Payment Type: Cash/cheque/Visa/MC \_\_\_\_\_ exp. \_\_\_ / \_\_\_  
(credit payment via fax only, cheque payable to Peninsula Runners)

### 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.

Signature (parent or legal guardian if under 19 years age) Date \_\_\_\_\_

