



COALMONT TO PRINCETON ROAD RACE



Read carefully before completing this form.

Each competitor must complete and sign this form, agreeing to the

**PLEASE FILL OUT ENTRY FORM COMPLETELY
PRINT CLEARLY**

FIRST NAME INITIAL LAST NAME

ADDRESS

CITY STATE/PROV ZIP/PC DATE OF BIRTH (M/D/Y)

DAY PHONE EVENING PHONE E-MAIL ADDRESS

WAIVER OF LIABILITY

I recognize and understand the risks associated with competing in the road race. I hereby affirm that I have trained and am physically capable of completing the Coalmont to Princeton Road Race. I consent to receive medical treatment which may be advisable in the event of illness or injury suffered by me during the event. I agree to comply with the rules, regulations and event instructions of the Coalmont to Princeton Road Race, and consideration of acceptance of this entry by the Tulameen Sports Club, I, for myself and anyone entitled to act on my behalf, waive any and all claims for injuries or damages I have against the Tulameen Sports Club, any and all municipalities associated with the event, the Province of British Columbia, race volunteers, sponsors and/or their agents and representatives, and B.C. Athletics, caused by the neglect of any of them arising out of my participation in this event, including pre and post events.

Signature: _____ Date: _____
(Guardian Signature if entrant is under 19)

ENTRY FEES: (note deadlines)

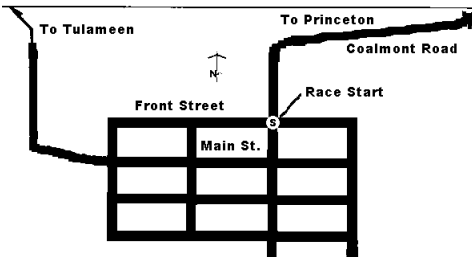
\$15 Cdn (After June 2nd \$25 Cdn) \$ _____

BC Athletics Day of Event Memb. Fee \$ 3.00
or BC Athletics Member# _____

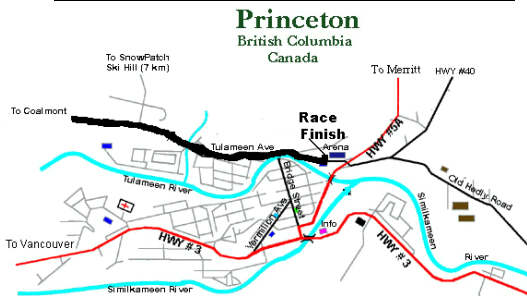
TOTAL AMOUNT ENCLOSED: \$ _____

SORRY, NO REFUNDS, EXCHANGES OR POST-DATED CHEQUES

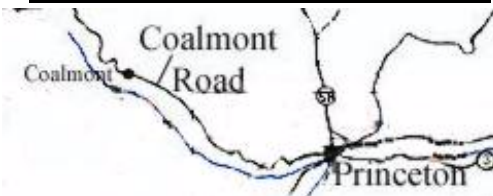
START MAP



FINISH MAP



COURSE MAP



Please make cheques payable to the
Tulameen Sports Club

and mail to:

Tulameen Sports Club
Site 3D, Comp. 5
Tulameen, BC V0X 1L0

For further information contact:
Leslie Hassell (295-7380) lhassell@telus.net

Jim Hardin (295-7620)

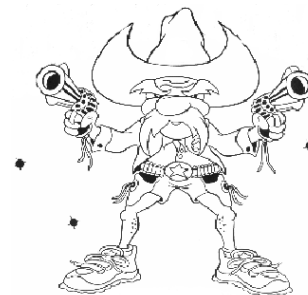


8th ANNUAL PEACH CITY RUNNERS & NORDIC SKI

COALMONT TO PRINCETON ROAD RACE (18.5 K)

June 10, 2007

Princeton
British Columbia, CANADA



Hosted by the Tulameen Sports Club

Race #8 in the 2007
Canadian Tire
Interior Road Race Series



GENERAL RACE INFORMATION

START LOCATION

Outside of the Coalmont Hotel in downtown Coalmont. (See Map)

START TIME

The race will be starting at 9:00 a.m. sharp.

FINISH LOCATION

Princeton Arena. (See Map)

RUN COURSE

The course follows the Coalmont to Princeton Road (Road 83). It is a hilly course. When you enter Princeton it climbs up the hill (Old Hedley Road) to the Princeton Arena.

COURSE RESTRICTIONS & TRAFFIC

For insurance/liability reasons we must limit access to the course to registered runners only. Baby joggers, bicycles, roller blades/skates, running with dogs and headsets are strictly prohibited on the course. Pacing is not allowed. Failure to comply with these conditions will lead to disqualification. Runners accompanied by a cyclist will be disqualified. This course is NOT closed to traffic although efforts will be made to control the volume where possible. Traffic is normally light at this time of year. Major intersections will be marshaled by RCMP or volunteers however runners will have to be responsible and aware of traffic conditions at all times.

COURSE MARKINGS

There will be course markings every 5k.

SHUTTLE

We will be providing a shuttle to the Start Area in Coalmont. The busses (2@50 passengers each) will be leaving the Princeton arena at 8:00 a.m. Pick up your race package prior to 8:00 a.m. if you plan to take the shuttle, which we recommend. Seating will be available to athletes first and then spectators if there is room.

AID STATIONS

Aid stations will be approximately every 4 kms on the course. There will be 4 aid stations along the course equipped with bottled water, medical/communications personnel and friendly volunteers.

WASHROOMS

There will be porta-potties located at the Start area. There will be two porta-potties located on the course as well as full washroom facilities at the Finish Area. There are shower facilities at the Princeton Arena.

MEDICAL & COMMUNICATIONS

Each Aid Station will have a Search & Rescue person certified in First Aid and equipped with communication equipment. At the Finish area there will be Search & Rescue personnel. There will be a sweep vehicle with Search & Rescue personnel following the last runner in.

REJUVENATION

There will be full rejuvenation at the Princeton Arena with food and coffee available.

DRY STRIP/WARMUP GEAR

Any drip strip or warm-up gear may be left in a bag provided at the race package pick-up and will be transported to the Finish area.

PARKING

It is recommended that you park at the Princeton Arena if you are taking the shuttle to the Start. Parking in Coalmont is limited. We suggest taking the shuttle.

WHAT YOU RECEIVE

Completing the Coalmont to Princeton race is no easy task and just to finish makes you a winner. You will receive the cheers and congratulations of the crowd and well-stocked rejuvenation and medical areas that will take care of your individual needs. Awards in each age category and many draw prizes available.

RACE PACKET PICK-UP AND LATE REGISTRATION

Sunday, June 10th from 7:00 to 8:00 a.m. at the Princeton Arena. Late registration will be processed until 8:00 a.m. to allow time for registrants to catch the last shuttle to the start and entry into the timing system. Don't be late. There will NOT be any late entry available at the start area in Coalmont.

RESULTS

Complete results will be posted at the awards ceremony. Results will also be posted on the Interior Running Association website. www.interiorrunning.ca

AWARDS

Medals are awarded 3-deep in each age category. NOTE: If you cannot attend the Awards ceremony please make arrangements for someone else to pick up your award. Awards will not be mailed out.

AWARDS CEREMONY

In order to allow sufficient time to prepare full results, the awards ceremony will be held at the Princeton Arena at 12 PM. In addition to the predetermined category awards, draw prizes will be distributed among those in attendance.

WEATHER

Normal mean temperature for June 10th: 15.8° Celsius. Expect temperatures from 10° at start to 30° at Finish.

RECORD HOLDERS

| | | |
|-------|--------------|----------------|
| MEN | Kevin Cutjar | 1:08:31 (2002) |
| WOMEN | Sam Saunders | 1:17:59 (2003) |

SPONSORS



**Ounce of Prevention
Natural Foods**



Princeton 295-3722
Tulameen 295-3735

**Town of
Princeton**