



Revelstoke Alpine Runners
 present the **21st ANNUAL**
GRIZZLY BEAR
12 km Road Race and
4 km Fun Run

RACE #10 2007 CANADIAN TIRE INTERIOR ROAD RACE SERIES

WHEN: Sunday, July 22, 2007
 Start time: 9:00 AM

WHERE: **Arrow Heights Elementary School,**
 1950 Park Drive, Revelstoke.
 (Follow the main road (Victoria Rd.)
 through town over the Illecillewaet
 River Bridge leading to the hospital -
 watch for the signage at the top of the
 Hill that will lead you to the school.

COURSE: Mainly flat, with a few gentle slopes
 for the first 7.5 km. The hills begin at
 the 8 km mark leading to a fast
 downhill finish over the last km of the
 race. It is a challenging course that can
 be gruelling if Mother Nature has her
 way:)

IT'S JULY: HYDRATE WELL!!

COURSE MARKINGS: Every km. Course was
 measured in 2006 with GPS (12060 m)

REFRESHMENTS: Upon race completion a fully
 stacked food table awaits you with
 fruit, muffins, desserts, coffee, juice,
 chipsetc.



12 km race
ENTRY FEE: \$17.00
 if Under 16 \$ 7.00

All entrants must have a BC
 Athletics Card or Pay \$3.00 for Day
 of the race insurance.

FREE SWIM: The first 150 runners
 receive a day pass to the Revelstoke
 Aquatic centre. Showers, 2 pools,
 waterslide, sauna.....

FREE GIFT to the First 100 **pre-**
registered runners in the 12km race
 (Gift subject to availability on Race day)

4 km Fun Run: (all ages) \$7.00
 (includes insurance)

MAJOR DRAW PRIZES:
 HELICOPTER RIDE
 (subject to forest fire season)
 RUNNING SHOES

plus numerous prizes donated
from local Revelstoke Merchants

FOR MORE INFORMATION:

Contact: Race Director
Jarrett @ (250) 837 - 5303
 email: jspannier@sd19.bc.ca

12 km Road Race Entry ONLY

Full Name: _____

Gender: Male: Female:

Address: _____

City: _____ P.CODE: _____

Phone # (_____) _____ - _____

Birthdate: _____
 day month year

Age as of Sept. 23th, 2007 _____

ENTRY FEE (ADULT): \$17.00 \$ _____
(POSTMARKED PRIOR TO JULY 17,2007)

ENTRY FEE (UNDER 16) \$7.00 \$ _____

•Day of race insurance: \$3.00

OR BC Athletics CARD # _____

DAY OF THE RACE LATE FEE \$5.00 \$ _____

TOTAL ENCLOSED: \$ _____

PAYABLE TO
REVELSTOKE ALPINE RUNNERS

YOU MUST SIGN THE WAIVER

4 km FUN RUN Entry ONLY

Full Name: _____

Gender: Male: Female:

Age as of Sept. 23th, 2007 _____

ENTRY FEE (All Ages) \$7.00

PAYABLE TO
REVELSTOKE ALPINE RUNNERS

YOU MUST SIGN THE WAIVER

PLEASE READ AND SIGN BELOW

WAIVER IN CONSIDERATIONS of the organizers accepting this entry, I hereby for myself, my heirs, executors and administrator, **WAIVE AND RELEASE** any and all right and claim for damages of any sort I may have against the organizers holding the **RACE**, their agents, representatives, successors and assigns, for any and all injuries suffered by me at the race, or damages sustained by me as a result of the race, for any cause whatsoever, including negligence. It is **EXPRESSLY UNDERSTOOD** by the undersigned that this race is entered into at the sole risk of the undersigned and that all organizers of the race are exempted from liability for any and all damages sustained and any and all injury and loss, including personal and property loss arising from any cause whatsoever, including negligence.

Runner's Signature

Parent/Guardian if under 19

OFFICIAL USE ONLY:

BIB NUMBER

Category:

Send entries to: Jarrett Spannier
Box 3237, Revelstoke, B.C. V0E 2S0
(entries may be dropped off at the
Revelstoke Community Centre
by 7:00 pm Friday July 20, 2007)

Thanks to our
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Selkirk Mountain
Helicopters Ltd.



UNIVERSAL FOOTWEAR