



2007 Raven Run 10km
Race #11 in the Canadian Tire Interior Road Race Series
Sunday August 19, 2007

Race Day Registration:
7:15 to 8:30 am
Race Start: 9:00am

Location: Salmon Arm Secondary, Sullivan Campus, 1641 – 30th Street N.E.

Enjoy a scenic tour of the North East Salmon Arm area starting and finishing at Salmon Arm Secondary (SAS) Sullivan Campus on 30th Street NE (turn north off the Trans Canada Highway at the lights at the top of the hill).

The route progresses over rolling hills along Lakeshore Road, Upper Lakeshore Road and the Raven Subdivision. There is a challenging hill climb up to 60th Avenue NE where the route offers fabulous views of Bastion Mountain, North Canoe and Shuswap Lake. The home stretch is a gradual downhill grade that allows you to really pick up the pace while you enjoy the views of Mount Ida, Fly Hills and the City of Salmon Arm. The course finishes on the back field of SAS where you can shower, enjoy the refreshments, and relax in the shade or sun during the post race festivities. Additional pre- and post-event activities include the famous Salmon Arm Roots and Blues Festival. For more information see: <http://www.rootsandblues.ca/>

This is a moderately challenging course that is rewarding for both the seasoned veterans and the first time 10kers. See the route and topography on the opposite side of the page.

Please make cheques payable to the **Shuswap Hillrunners**
 Mail completed entry form to: **Shuswap Hillrunners**
2420-28th Street N.E.
Salmon Arm, B.C.
V1E 3C9

For additional information call Pat at: (250) 832-2172 or Rob at: (250) 832-3632
 Or e-mail Pat at danforth@sunwave.net or Rob at rsavage@shuswap.net

Raven Run 2007 Entry Form PLEASE PRINT CLEARLY

First Name _____ Initial ___ Surname _____

Sex: M/F _____

Address: _____

Birthdate:

City: _____

Day _____ Month _____ Year _____

Phone: _____

Age as of September 23, 2007

Valid BC Amateur Athletics Member No. _____

* Number must be provided to receive \$3.00 discount.

<u>10 KM Pre-registration</u>	<u>10 KM Race Day</u>	Amount Paid \$ _____
\$15 for non BCAA Members	\$20 for non BCAA Members	
\$12 for BCAA members*	\$17 for BCAA members*	

Sorry, race registration fees are non-refundable and non-transferable.

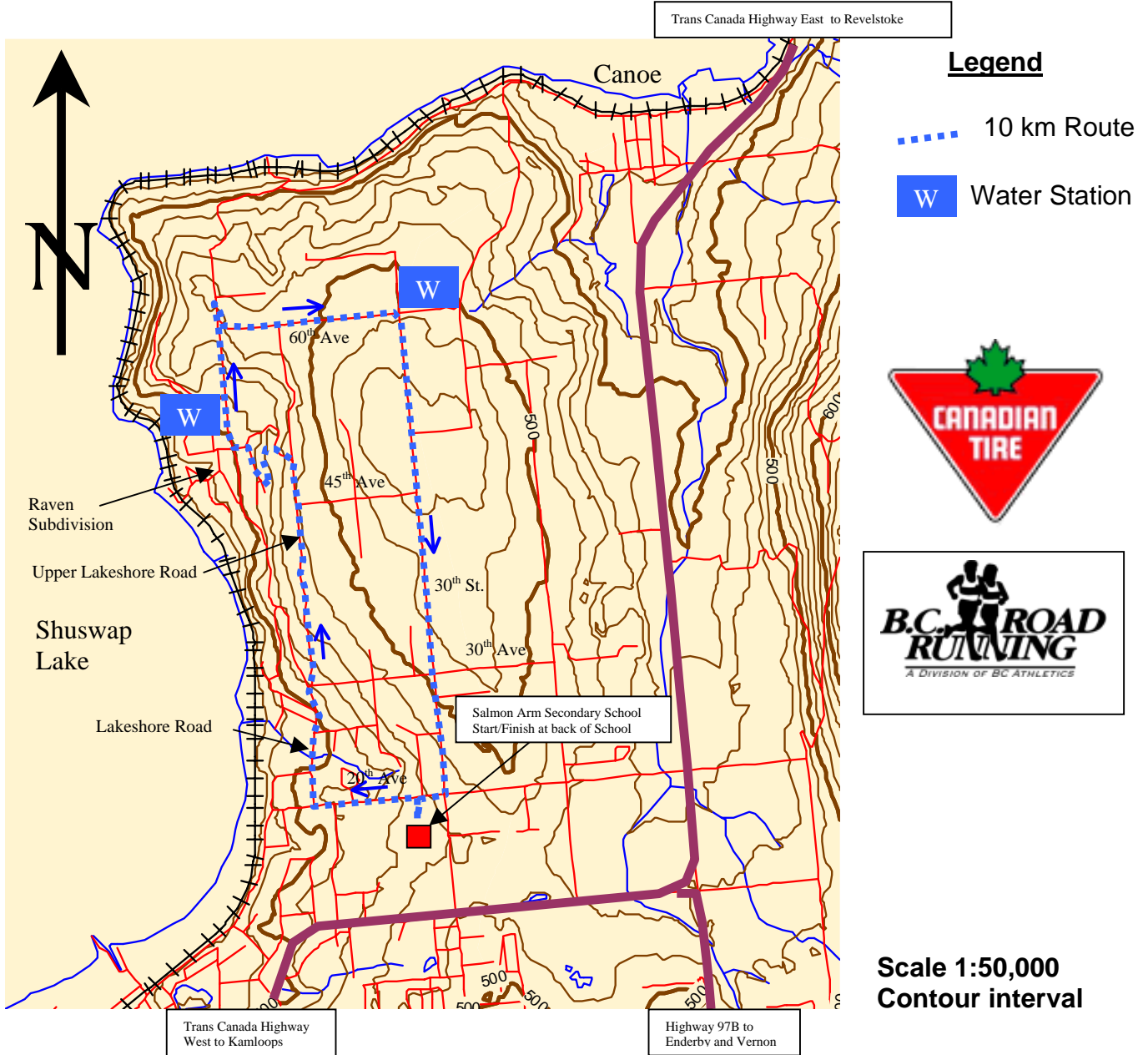
In consideration of your accepting this entry I, the undersigned, intending to be legally bound, hereby, for myself, my family, my heirs, executors and administrators, forever waive, release and discharge any and all rights and claim for damages and causes of suit or action, that I may at any time have against the Shuswap Hillrunners, City of Salmon Arm, School District 83, Raven Run race committee persons, officials, and volunteers and all sponsors of the Raven Run, for any and all injuries suffered by me as a result of participating in this event.

 Signature of athlete (or guardian if under 19)

 Date

Official use only:

Bib #



Thank You to Our Race Supporters

