

**Thank you
to our Sponsors!**

Title Sponsor:

THE BIKE BARN

Race Sponsors:

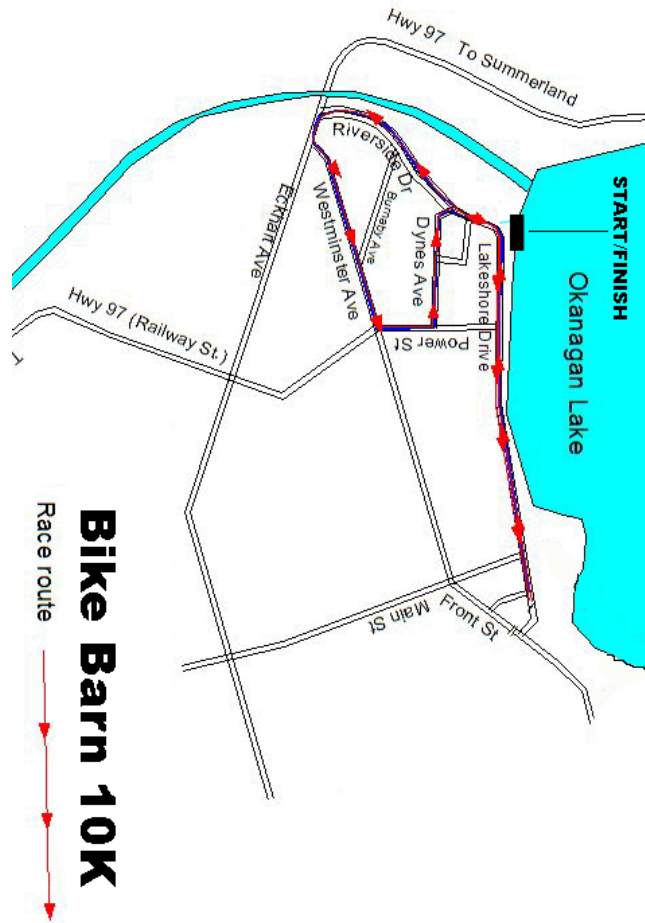


**SHIKI YOGA
THERAPY CENTRE**



IRA

Road Series Sponsor:



**Penticton Pounders
Running Club
& The Bike Barn
Present**



**Sunday
September 9, 2007
9:00 am
(start near SS Sicamous)**

**Interior Road Race
#12**

Race & Course Information

The Bike Barn 10K is Race #12 in the Canadian Tire Interior Road Race Series. Race day registration and number pick up begins at 7:30 am and ends promptly at 8:30 am Sunday, Sept. 9th Please come early! The race starts in front of the SS Sicamous on Lakeshore Drive. The washrooms will be open.

The 10K race begins at 9:00 am. Our announcer is the voice of Ironman Canada, the peerless Steve King. After the race, there will be hot soup, pretzels, bagels, fruit and other goodies, plus a variety of draw prizes.

Our grand prize will be, as usual, a mountain bike donated by our title sponsor, *The Bike Barn*. You must be present to win. Medals will be awarded to the top 3 finishers in each age category. (M/F under 16, 16-19, 20-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-79, 80+)

This year the course is a flat and fast 10K (2 loops). Great opportunity to get a PB on this certified scenic route that runs along Okanagan Lake.

Again this year, the Penticton Pounders are donating a portion of each entry towards the "Big Brothers and Big Sisters" programs, and their members will be volunteering at our aid stations.

For more information, or to volunteer, please call Valerie Tuhkala (250)494-3470 or email vtuhkala@okanagan.bc.ca

Happy Running and enjoy the race
Valerie Tuhkala
Race Director

Wishing you all the best in your race!



Don't forget to stick around after the race for some great snacks & draw prizes!

GRAND PRIZE
'Mountain Bike'
(must be present to win prizes)

Entry Form

RACE DAY SEPTEMBER 9, 2007
REGISTRATION: 7:30 - 8:30 AM sharp!
START TIME: 9:00 AM

Last Name _____

First Name _____

Street _____

City _____ Province _____ PC _____

Phone Number _____ M ___ F ___

Age on Sept 23/07 _____ Birth Date: _____
DD/MM/YY

Race Fee \$17.00

Day of Race Entry \$25.00

Non BC Athletics Members (add \$3) _____

BC Athletics Number _____
(no number, no discount)

Sorry, no refunds TOTAL: \$ _____

Payable to:
The Penticton Pounders
Box 20056, Penticton, BC, Canada, V2A 8K3

Entries may also be dropped off at
Peach City Runners & Nordic Ski.

Waiver

In consideration of accepting this entry, I hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claim, for damages of any sort that I may have against the organizers of the Bike Barn 10 km Run, their agents, representatives, sponsors, successors and assigns for any and all injuries suffered by me at the aforementioned race for damages sustained by me as a result of the aforementioned race for any cause whatsoever, including negligence.

Signature of Competitor
(or parent or Guardian if under 19 yrs)