

A BIG THANK YOU TO OUR RACE SPONSORS!



H₂O TO GO

24 HR SELF SERVE WATER STATIONS

VENDING LOCATIONS:

• 1439 Main Street, Penticton

• 1546 Harvey Avenue, Kelowna

• Lakeside Heights Shopping Centre

• 879 Anders Rd., Kelowna Westside

DAN BITOR

Ph: (250) 487-2360

DRIVE-THRU & SHOWROOM:

• 2904 Skaha Lake Road, Penticton

nutrition sport



Penticton Pounders Running Club Presents



10 KM RUN



CAR AND TRUCK RENTALS NEW & USED

Established 1991
103-351 W. Westminster Ave.
Penticton, B.C. V2A 1K3



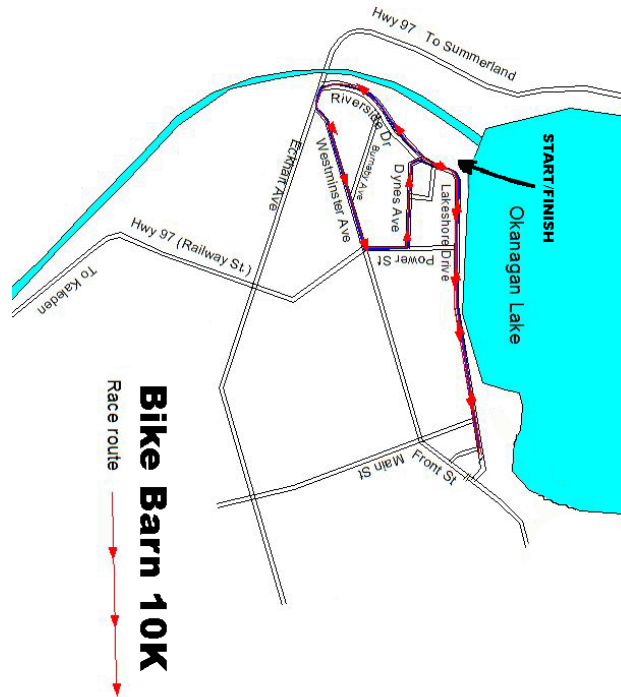
"the name speaks for itself"

490-3339

Doug Copithorne
Owner

Fax 493-3880

info@bestchoicerearrentals.com



Bike Barn 10K
Race route

**Sunday
September 12, 2010
9:00 am**
(start near SS Sicamous)

**Interior Road Race
#11**



Race Information

The Bike Barn 10K is Race #11 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. 12th Please come early! The race starts in front of the Loco Landing Adventure Park at 75 Riverside Drive. The washrooms will be open.

The 10K race begins at 9:00 am.

After the race there will be food and refreshments 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, 70-74, 75-79,80+)

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.

For more information, or to volunteer, please call Deb Lougheed (250-492-6609) or email deblougheed@shaw.ca

Happy Running and enjoy the race
 Deb Lougheed
 Race Director



Registration & Race Info

DAY OF RACE REGISTRATION AND RACE NUMBER PICK-UP

7:30 am—8:30 am

**AT THE RACE START
(LOCO LANDING)
75 RIVERSIDE DRIVE.**

**Online Registration
available at
EVENTSONLINE.CA**



(no additional cost)

**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

First
 NAME
 Last

Gender (Circle) **M** **F**

Birthdate D Mon y
 (E.g. 17 Sep 1953)

Age as of 12/31/10	
BC Athletics #	
Address	
City/Province	
Postal Code	
Phone Number	
Email address	

Fees (Sorry no refunds)

Race Fee **\$20**
 Day of Race add **\$5**
 BC Athletics Member deduct: **-\$3**

Amount Enclosed: \$ _____
(Cheques payable to Penticton Pounders)

Entries may be dropped off at Peach City Runners (214 Main Street) or mailed to:
 Penticton Pounders, Box 23056, Penticton, BC V2A8L7

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 (the "Race"), their agents, representatives, sponsors, 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. I understand that I enter this Race at my sole risk 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 property loss arising from any cause whatsoever, including negligence. I further hereby grant full permission to the race organizers, and the Interior Running Association, to use my name, gender, age, home town, and race results from this event in any publicity related to this event, including posting of the race results to the IRA and related running club websites.

Signature of Competitor: _____
 Signature of Parent or Guardian if under 19 yrs. _____