

THANKS TO OUR SPONSORS



COURSE MAPS

WAIVER OF RESPONSIBILITY

I know that running a race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that the course route will cross a road and I assume the risk of running in traffic. I also assume any and all other risks associated with running in this event including but not limited to falls, contact with other participants, the affects of the weather and the conditions of the trail, all such risks being known and appreciated by me. Knowing these facts, and in consideration of your accepting my entry, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release, and discharge the Interior Road Race Association, the Penticton Pounders Running Club, the Town of Oliver, Oliver Parks and Recreation Society, Race Officials, Volunteers, and any and all sponsors, including their agents, employees, assigns, or anyone acting for or on their behalf, from any and all claims of liability for death, personal injury or property damage of any kind or nature whatsoever arising out of or in the course of my participation in this event. The Release and Waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown.

Applications for minors will be accepted only with parental consent. 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.

Oliver "Wine Capital of Canada" 10K And Three K Run



Oliver Community Center
36003 – 79th St
Oliver

Sunday, April 11, 2010
10:00 am

Interior Road Race Series # 4

THE COURSE

An easy but challenging 10km course, along the Okanagan River/Canal. Downstream on the west side of the canal to the 5km turnaround point. Back about 2km, over a bridge to the east side, continuing upstream on the east side of the canal. The last 2 km are run on gravel and grass into the community park.

WIN an Entry into the Vancouver Sun Race.

PRIZES: 10 K runners only—
Top 3 in each age category
Finishers must be at awards ceremony to receive prizes
3 K runners do not receive prizes—this is a personal best fun run only

POST RACE: Refreshments, Showers and Awards
(11:15 am—3 K runners /
11:30 pm—10 K runners)

REGISTRATION

1. On-line at:
<https://eventsonline.ca/events/oliver10k/>

2. Complete the attached entry form and mail with fee to:

Jack Wessel
RR 4, Site 19, C-19
Oliver, BC
V0H 1T0

3. Printable entry form at
www.interiorrunning.ca

4. By cheque or cash in person day of race:

Oliver Community Center
36003 – 79th St
Oliver

Late Registration & Package Pick-up

Sunday April 11, 2010
8:30 – 9:30 am

ENTRY FORM

First:
NAME
Last:

Gender (Circle) M F WC

Birthdate: D Mon Y
(E.g. 17 Sep 1953)

Age as 31Dec/10: _____

2010 BC Athletics #: _____

Address: _____

City: _____ Prov: _____

PC/Zip: _____

Phone: (_____) _____

Email: _____

Race Category (circle) 10K 3K

Fees:

10K Runners:

Base ages 20 and older: \$23

Ages 19 and under \$20

Late fee (after Apr 5/2010) add: \$6

BC Athletics member deduct: -\$3

3K Runners

Single entry \$6

Amount Enclosed: \$ _____

Make cheque payable to: Oliver 10K

I HAVE READ THE WAIVER OF RESPONSIBILITY

Athlete's _____
Signature: (parent or guardian if under 19)