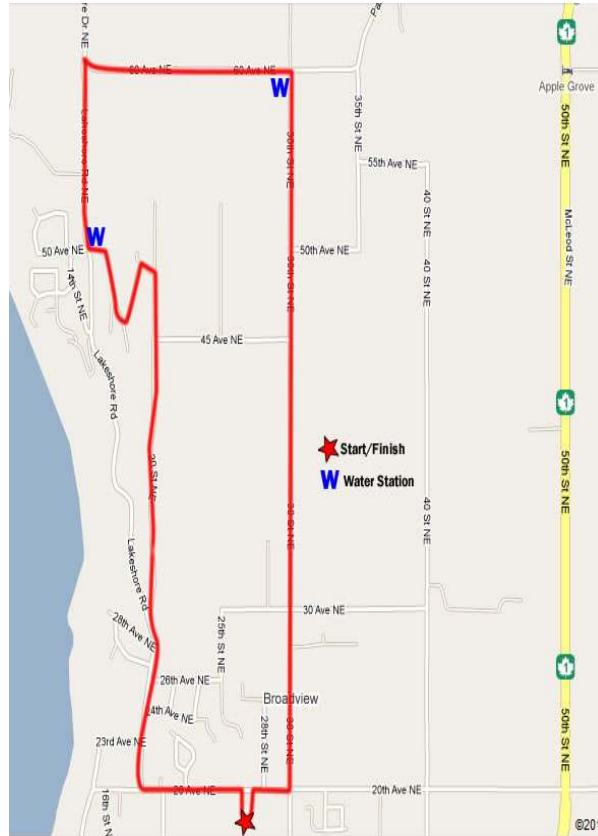


THANKS TO OUR SPONSORS



COURSE MAPS



presents



Raven Run 10km

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

Salmon Arm, BC

Sunday, August 15, 2010
9:00 am

Race #10 in the Canadian Tire Interior Road Race Series

THE COURSE

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 on the opposite side of the page.

For additional information call Dietmar at: (250) 832-0519 or email at penkert@sunwave.net

REGISTRATION

1. On-line or printable entry form at:

www.interiorrynning.ca
(see link to online registration on left hand side of webpage.)

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

Shuswap Hillrunners
6061 40th St NW
Salmon Arm, B.C.
V1E 3A5

3. Race day registration available from 7:15 to 8:30 am at back field of SAS. (This is when package pickup will also occur.)

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: _____

Fees:

Base (Pre-entry): \$16
Day of Race add: \$5
BC Athletics member deduct: -\$3

Amount Enclosed: \$ _____

Make cheque payable to: Shuswap Hillrunners

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. I further hereby grant full permission to the race organizers, and the Interior Running Association (IRA), 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.

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