

Aldergrove Cross Country Challenge

Date: Saturday June 12, 2010

Location: Aldergrove Lake Park, Lefeuve Rd. Entrance

Distance / Course: 5K Trail Run

Entry Fee: \$35.00 or on Race Day \$50.00

Prizes: To top 2 male and female for each age group, top 3 teams*

Age groups: 15 – 25, 26 – 35, 36 – 45, 46 – 55, 56+

* total time taken of first 5 members per team (min. 5 members)

Purpose: This race is a fundraiser for the Aldergrove Canadian Reformed Church, a Not for Profit Organization. Entry fees will assist the Church with its building fund.

Race Day Information: Race day registration/packet pick-up will begin at 8:30 A.M. Pre-registration will help expedite this activity. Race will start at 10:00 A.M. sharp.

General Information: Entry fees are non-refundable. Please, for safety and security, no pets allowed. For additional information please contact:

Henry or Joyce Meerstra 604-856-0257 joycemeerstra@hotmail.com

Heidi Roukema 604-607-7208 hroukema@shaw.ca

ENTRY FORM

(PLEASE PRINT CLEARLY AND COMPLETE THIS FORM)

Make checks payable to “**Aldergrove Canadian Reformed Church**” and indicate “**5K Run**”

Mail to: “**H. Meerstra 2450 – 268th St., Aldergrove, B.C. V4W 2Y4**”

Name _____ Age _____ Gender _____

Address _____

City _____ Province _____ Postal Code _____

Telephone (____) _____ - _____ Email Address _____ @ _____

Team Name (if applicable) _____

Race Waiver: I have read the accompanying event information and understand the policies of the event. I know that running and walking a trail race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I assume all risks associated with my voluntary participation in this event, including but not limited to, falls, contact with other participants, the effects of the weather - including extreme temperatures, traffic and all conditions of the road, all such risks being known and appreciated by me. Knowing these facts, and in consideration of your accepting my entry, I for myself, my heirs, executors, administrators, or anyone else who might claim on my behalf, not to sue and waive, release and discharge Aldergrove Canadian Reformed Church, Metro Vancouver, all sponsors, race officials, workers or volunteers, their representatives, successors or assigns for any and all claims or liability, whether foreseen or unforeseen, for death, personal injury or property damage arising out of, or in the course of my participation in this event. I further grant full permission to the above mentioned sponsors, organizers and or agents authorized by them, to use any photographs, videotapes, recordings or other record of the event for any reasonable purpose. I have read and understand the foregoing registration liability release and parental consent form, and agree to all of its terms and conditions.

Signature (parental/guardian consent if under the age of 18) _____