



JOIN A CORPORATE TEAM INDIVIDUAL REGISTRATION FORM

Tel: 604-689-9441 • Fax: 604-689-9419 Mail or deliver this form by March 18. No refunds. Address: **The Vancouver Sun Run, c/o Suite 21, 200 Granville Street, Vancouver B.C. V6C 3N3**

I'M ENTERING: 10K Sun Run

TEAM NUMBER:

Enter online at www.sunrun.com Part of the Network

First name Last name

Male Female Age (On Race Day) *Birth Date (Day/Month/Year)

For official use only

If paying by credit card, use address on your credit card statement for credit card verification

Apt. No. Address

City

Prov. Postal Code Area Code Home Phone

E-mail Address

Team Name/In Training Clinic Location

Signature of participant or signature of parent/guardian (If participant is under 19) Date

I hereby acknowledge having read the Release and Waiver and by accepting a race number I understand and accept its terms.

* Denotes optional field

Souvenir Sun Run T-shirt included

Prewashed 100% cotton. 2% shrinkage. Adult chest measurements shown in inches.

T-Shirt Sizes

S/36 M/40 L/44 XL/48 XXL/52

Privacy

The Vancouver Sun and The Vancouver Sun Run value your privacy and are committed to controlling the collection, use and disclosure of the personal information you provide. To obtain a copy of The Vancouver Sun Run's privacy statement, visit www.sunrun.com or call 604-689-9441.

You may receive future communication from us, or our authorized third party agents or service providers, about Vancouver Sun products or services. Please check this box if you DO NOT wish to be contacted about Vancouver Sun products or services.

Conditions of Entry:

- All entries are non-refundable and non-transferable.
- Enter each participant online OR have them complete the form on the second page and submit the correct fee in Canadian dollars. There is a fifteen dollar (\$15.00) service charge for NSF cheques.
- Incorrectly completed entry forms will be discarded or returned.
- Applications for minors will be accepted only with a parent or guardian's signature and should also be signed by the minor.
- All entrants must read and sign the Release and Waiver.
- All entrants must wear their number on the front of their chest.
- Only runners, joggers, walkers, wheelchairs and strollers are permitted. Assisted wheelchairs and strollers must start in the walker's zone at the back of the pack. Dogs, skateboards, wagons, in-line skates, scooters, roller skis, bicycles and vehicles are strictly prohibited.
- Entrants agree that their name, gender and age category may be published with race results in any medium, including The Vancouver Sun web site.
- Timing chips are coded and non-transferable. Entrants agree not to switch chips or allow other participants to run with their chip.

Entry Fee

Fees per person, HST included. No. 863274767

Corporate Teams (10 or more)	Early Bird	Final
	Feb. 18	Mar. 18
	\$40	\$45

Individuals		
Early Bird	Regular	Late
Jan. 31	Feb. 1-Mar.31	Apr. 1 - Apr. 16
\$40	\$45	\$50

Fee	
BC Athletics member discount	(-\$3)
<small>Provide valid membership no. here:</small>	
The Vancouver Sun subscriber discount	(-\$2)
<small>Sub-Total</small>	
TOTAL FEE ENCLOSED	\$

Payment method

Cheques payable to The Vancouver Sun Run. No post-dated cheques. No refunds. Not transferable.

- Cheque Cash Do not mail cash.
 Visa Money Order
 Mastercard

Card No.

Expiry Date

Name on card (Print)

Signature of cardholder

Your cancelled cheque or credit card statement is your receipt. The Vancouver Sun Run is produced by The Vancouver Sun and organized by The Sun Run Volunteer Committee. It is sanctioned by B.C. Athletics and Athletics Canada. Your entry fee pays for T-shirts, organization costs and donations to The Vancouver Sun Raise-a-Reader campaign and amateur athletics via B.C. Athletics and the Jerome Track Classic.

The Vancouver Sun Run, Sun Run and Shaw Mini Sun Run are registered trademarks of The Vancouver Sun.



Team "MIKE & TARA" Corporate Team Entry - QMFM

10K Estimated Time

You **MUST** check off one. If no estimated time is indicated, you will be assigned a walkers (1:46+) starting number. Verification of ability required for seeded entrants.

- 0:00 - 0:44 SE/EED (0:38 Men / 0:44 Women)
 0:45 - 0:48 (0:39 Men / 0:48 Women)
 0:49 - 1:00
 1:01 - 1:15
 1:16 - 1:45
 1:46+ Walkers, entrants with walking poles, baby joggers, strollers and non-com petitive wheelchairs must start here.

Requesting seeding?

You must be:

- At least 16 and capable of finishing in less than 38 minutes (Men) / 44 minutes (Women) or expect to finish in the top five of your age group.
- Mark SEEDING on the envelope.
- Include verification of ability to finish in less than 38 minutes (Men) or 44 minutes (Women).
- Seeding status will be confirmed at check-in.

Previous Sun Run Time:

Time, Year

OR

Results from another timed run held within preceding year:

Race, Date

Time

Release and Waiver

RELEASE OF LIABILITY, WAIVER OF CLAIMS AND ASSUMPTION OF RISKS. BY ACCEPTING A RACE NUMBER YOU WILL WAIVE CERTAIN LEGAL RIGHTS, INCLUDING THE RIGHT TO SUE. PLEASE READ CAREFULLY.

I have read the conditions of entry for The Vancouver Sun Run and I understand and agree to be bound by them. I know that participating as a runner, jogger, walker or in a wheelchair, or with a stroller in a road race, is a potentially hazardous activity and that I should not participate unless I am medically able and properly trained. I also understand that although police protection will be provided, there may be traffic on the course. I assume all risks of jogging, running, walking or traveling in a wheelchair or with a stroller, including in traffic. I also assume any and all other risks associated with participating in the race, including but not limited to falls, injury, contact with other participants or persons, the effects of the weather including high heat and/or humidity and the condition of the roads or racing surfaces. Knowing these risks and in consideration of the acceptance of my entry in this race, I hereby renounce, release, indemnify, forever discharge and hold harmless Pacific Newspaper Group, a division of Postmedia Network Inc. (carrying on business as The Vancouver Sun), the Achilles Track Society, B.C. Athletics, SportMedBC, the City of Vancouver including its Police Department, Emergency Radio Systems, race officials, race volunteers and all sponsors, their respective parent companies, subsidiaries, affiliates, agents, employees, assigns or anyone else acting for or on their behalf (the "Releasees") from and against any and all existing and future claims, actions, costs, suits, demands and/or liability (including reasonable solicitor fees and legal costs) for loss, harm, damages, cost or expense, including without limitation, costs, injuries, accidents, losses and damages related to personal injuries, death, damage to, loss or destruction of property, rights of publicity or privacy, defamation, or portrayal in a false light, or from any and all claims of third parties without limitation, which I, my heirs, executors, administrators, personal representatives, successors or assigns, now have, or may hereafter have, arising out of the negligence of the Releasees, and/or the use, broadcast, distribution, exhibition or exploitation of any recordings, photographs, videotapes of me or other record of this event, and/or my participation in the Vancouver Sun Run or related events. The Releasees shall not be responsible for any of my actions while I am participating in the Vancouver Sun Run or in any related events, and I hereby assume all risk of injury, illness, disease or death or other damage which may arise in connection therewith. I further hereby grant full permission to Pacific Newspaper Group, a division of Postmedia Network Inc. (carrying on business as The Vancouver Sun), and/or agents authorized by them, to use my name and/or likeness, and/or any photographs, videotapes, motion pictures, recordings, or any other record of this event, of me, for any legitimate purpose related to The Vancouver Sun Run, without any compensation to me. I HEREBY ACKNOWLEDGE HAVING READ THIS RELEASE AND WAIVER AND BY ACCEPTING A RACE NUMBER I UNDERSTAND AND ACCEPT ITS TERMS. I FURTHER ACKNOWLEDGE AND AGREE TO THE TERMS OF THIS RELEASE AND WAIVER ON BEHALF OF MY MINOR CHILD IF APPLICABLE.