

HOSTS



**LIONS GATE ROAD RUNNERS**

**lgrr.com**

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COURSE

The old classic course at Jericho Park - grass, trails, hills, beach and "puddles". Seniors run two laps (10 Km), juniors run one lap (5 Km).

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DIRECTIONS

The race starts and finishes at the Jericho Sailing Centre, near the Youth Hostel. Drive west along 4<sup>th</sup> Avenue and, about 1 Km west of Alma, take the right fork for the waterfront. Do NOT go up the 4<sup>th</sup> Ave hill to UBC. Look for race signs and take next right turn on Discovery St. to the Youth Hostel. Follow road north to the beach parking at Jericho Sailing Centre



FEES FOR BCA MEMBERS:

\$10 seniors, \$5 if under 20 or 65+  
Non-BCA members add \$3

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SPONSORS AND SUPPORTERS

We thank our major sponsor, RUNNING ROOM. We also thank our hard-working volunteers, the Vancouver Parks Board and St John Ambulance.

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POST-RACE FESTIVITIES

Hot showers, good food and good company in the Jericho Sailing Centre. A combination of medals and ribbons to the top three runners in the Senior 10Km (5yr divisions) and Junior 5Km (2yr divisions). Special recognition for the winners of the Gunner Shaw Trophies (male, female age 35 and up), the "Gunner Shaw Team Challenge" and the "Silver Fox"

Junior Challenge.

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**Gunner Shaw CC,  
Dec 6, 2008**

**Race Day Registration only:  
Distance (10K or 5Km):**

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**Name:**

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**Male/Female:**

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**Date of Birth:**

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**Age on Race Day:**

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**BC Athletics #:**

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**Team Name:**

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**25th Annual**

**ATHLETE'S RELEASE AND  
WAIVER (must be signed)**

In consideration of your permitting me to participate in this event, I hereby, for myself, executors, administration and personal representatives, release B.C. Athletics, the organizers of the event, their agents, volunteers and sponsors, from all liability, and I waive, as against the organizers, agents, volunteers and sponsors, all claims of any kind whatsoever that I might have for personal injuries or property losses suffered by participation in this event. I certify that I have full knowledge of the risks involved in this event and I am physically fit and able to participate, and that unless indicated to the contrary by the signature of the guardian below, I am 19 years or older.

**Signature of athlete:**

( parent or guardian, if athlete under 19 years)

**Date:**

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**E-mail address for results:**

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**FINAL EVENT OF THE LOWER  
MAINLAND CROSS COUNTRY  
SERIES**

**Please also consider  
participating in our  
sister event in Victoria  
organized by:**

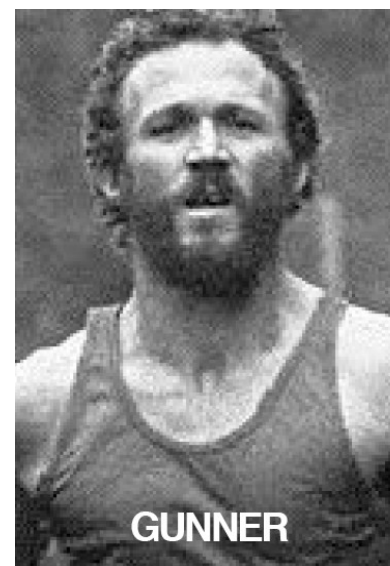
**Prairie Inn Harriers.**

**24th Annual Harriers  
Gunner Shaw  
Memorial Cross  
Country 10K Classic**

**[www.pih.bc.ca](http://www.pih.bc.ca)**

**Saturday,  
November 29, 2008  
1:00 pm**

**25<sup>th</sup> ANNUAL  
GUNNER SHAW  
MEMORIAL  
CROSS COUNTRY  
RUN**



**LOWER MAINLAND CROSS  
COUNTRY SERIES**

**Saturday Dec 6th, 2008  
Jericho Sailing Centre,  
Vancouver. 11:00am**