

VRPRO

Upcoming Races:

Enter online at www.vrpro.ca or www.runningroom.com

- Downtown Dash 5k & 10k -

Thursday July 22, 2004 - 7:00pm
Road 5k: \$30.00 through July 17, \$35.00 thereafter
10k - \$35.00 through July 17, \$40.00 thereafter
(First 500 registrants for either race will receive t-shirt)
Emmas Backporch Old Lakeshore
Burlington, Ontario

- Dundas Cactus Dash 5k Run & 1K Walk -

Sunday August 22, 2004 - 10:00am
Dundas Driving Park , Ontario
5k run - \$30.00 until August 10th, \$35.00 thereafter
1k walk - \$15.00 until August 10th, \$20.00 thereafter
(add \$10.00 for a T-Shirt)
Family package (4 person for either 5K or 2K) \$60.00

- Waterfront Trail 8K Run -

Saturday September 18, 2004 - 9:30am
\$30.00 until September 10, 2004, \$35.00 thereafter
(1st 200 registrants get a free t-shirt)
Emmas Backporch Old Lakeshore Road
Burlington, Ontario

- Hannukah Hustle 5k Run & 1K Walk -

Sunday November 21, 2004 - 10:00am
5K Run - \$25.00 through November 16, \$30.00 thereafter
1K Walk - \$15.00
Family rate - \$60.00 includes up to 6 family members for walk or run.
Shalom Village 60/70 Macklin Street N, Hamilton
Hamilton, Ontario

- Jingle Bell 5k -

Sunday December 5, 2004 - 9:30am
\$30.00 through November 25th \$35.00 thereafter
Family rate-\$60.00 includes up to 6 family members
Emmas Backporch Old Lakeshore Road
Burlington, Ontario

Runner Registration Form

Name: _____ Phone Number: (____) _____

Address: _____ Email: _____

City: _____ Postal Code: _____ Sex: M F Age on Race Day: _____

Grand Total \$*: _____ Method of Payment: _____ Cash Cheque

Card Number: _____ Visa Mastercard Am/Ex

Signature: _____ Expire Date: _____

*GST Included in Registration Prices

Instructions / Rules:

1. If paying by Cheque, please make payable to VR Pro.
2. Mail to "VR Pro: 561 Brant Street, P.O. Box 85030, Burlington, L7R 4K3 or ..."
3. Fax to 905.639.2950 or ...
4. Drop off within 7 days prior to the race event at the Running Room (3 Locations)
Oakville: 156 Lakeshore Blvd.—Burlington: 3300 Fairview St. (Across from Chapters)—Hamilton: 1457 Main St. West
5. Enter On-line @ www.vrpro.ca or www.runningroom.com

By signing below, I am participating at my own risk and waive all claims of every nature against the organizers, officials, sponsors and any other participating agencies in respect to any personal injury, illness, bodily injury or death resulting from participating in these activities. I also fully understand the risks of such a competition and have prepared myself physically for the race. At the time of registration, I will inform the race organizers regarding any relevant medical condition, I might have from the time of the race and training. I have read the above waiver and release, and understand that I have given up substantial rights by signing it, and sign it voluntarily.

Medical Info / Meds: _____

Signature: _____

