



JAMES CUNNINGHAM SEAWALL RACE

9.5K

38th Annual Sunday, October 26, 2008

VANCOUVER • BRITISH COLUMBIA



HALLOWEEN RUN



FINAL EVENT OF THE VANCOUVER SUN RUN SERIES

SUBWAY TEAM CHALLENGE



GRAND PRIZE

Two Night Hotel Package at a participating



WIN ONE OF TWO \$250 RUNNING ROOM GIFT CERTIFICATES
If you register ONLINE for Both the RUNNING ROOM SHAUGHNESSY 8K (MAY 25, 2008) and the JAMES CUNNINGHAM SEAWALL RACE (OCT. 26, 2008) www.lgrr.com • Draw to be held on Oct 28.



seawall.sierrasystems.com

LIONS GATE ROAD RUNNERS www.lgrr.com
CONTACT INFO • Linda Wong 604-451-5159 (lwong76@gmail.com)



JAMES CUNNINGHAM SEAWALL RACE

38th Annual Sunday, October 26, 2008 • 10:00 am

RACE INFORMATION www.lgrr.com



START / FINISH: 10:00 am
Second Beach Stanley Park, Vancouver.

COURSE:
9.5K around Stanley Park Seawall

CATEGORIES: Male & Female
under 16, 16-19 and 5 year age groups to 70+.
Medals to top 3 finishers in each category.

CASH PRIZES: Male & Female
Overall 1st-\$300, 2nd-\$200, 3rd-\$100
Juniors (under 16 & 16-19) Running Room certificates to top 3

TEAM CHALLENGE AWARDS: PRIZES to
Top three teams (corporate & other) top 8 runners to count.
Men, Women and Mixed (min. 3 women) 8-12 runners per team.
All Team members to register individually.

RACE PACKAGE PICK-UP



PRE-RACE PACKAGE PICK-UP:

Friday, October 24, 2008 (4:00 pm to 8:30 pm)*
*(Teams may pick up starting at noon.)

Saturday, October 25, 2008 (12:00 noon to 5:00 pm)
Running Room D103-679 Denman Street, Vancouver

RACE DAY PACKAGE PICK-UP & DAY OF RACE REGISTRATION :

Sunday, October 26, 2008 (8:30 am to 9:45 am)
2nd Beach, Stanley Park, Vancouver

HOW TO REGISTER (\$19 Until October 19, 2008)

Register on-line @
www.runningroom.com

DEADLINE: Midnight
Tuesday October 21, 2008
(An online processing fee will be added)

IN PERSON: Until Oct.19 at ANY RUNNING ROOM STORE IN THE LOWER MAINLAND.
(Oct. 20 to 25 at DENMAN Running Room only)

BY MAIL: PRINTABLE ENTRY FORMS
CAN BE DOWNLOADED AT: www.lgrr.com
(postmarked by October 17, 2008)



Women's Cut



Men's Cut

We are offering the same popular two colour STORMTECH Tech shirt as last year ("Kiwi" green and gray). (must register by October 1, 2008)
Women's cut available.

Sizing Samples will be available at the Denman Running Room during September. Long Sleeve Cotton Shirts also available.



2008

