THANKS TO
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STARBUCKS COFFEE

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RACE HEADQUARTERS

TIMING AND RESULTS
Race Headquarters will be timing the race with the "ChampionChip" system. Everyone must use the CHIP; you may borrow one for the day of the race. There is no deposit required, however if you do not return the CHIP you will be charged $40. If you wish to purchase a CHIP, contact Race Headquarters at 604-939-6018.

BAG CHECK
During the event, valuables can be deposited at the volunteer check-in station located at the Howe Sound Secondary School.

SQUAMISH DAYS EVENTS

Friday, July 29
Bed Races

Saturday, July 30
Children's Sports
Novice & Intermediate Loggers Sports
Seniors Bingo
Axe Throw

Sunday, July 31
Loggers Breakfast
10K Run and Flashback Mile
Festival Parade
Open Loggers Sports Show

Check www.squamishdays.ca to confirm above schedule

10K Run and Flashback Mile
Enter at these Running Room locations:
Abbotsford - 103-2070 Sumas Way - 604-556-0770
Denman - 103-679 Denman St. - 604-684-9771
Langley - 6185-200 St. - 604-534-2112
Richmond - Ironwood Plaza, 8050-11688 Steveston Hwy - 604-204-0100
Broadway - 1578 W. Broadway - 604-879-9721
North Vancouver - 754-2601 Westview Dr. - 604-983-9761
Alma - 235-2083 Alma St - 604-225-0222
Port Coquitlam - 202-2748 Lougheed Hwy - 604-945-1810
Burnaby - 7382 Market Crossing - 604-433-8711
White Rock - #940 - 15045 32nd Ave - 604-535-3919
Maple Ridge - #505 - 20395 Lougheed Hwy - 604-460-9509

CHECK OUT— www.squamishdays.ca

SQUAMISH DAYS
10K & FLASHBACK MILE
Sunday, July 31, 2011 8:25 a.m.

NEW Stroller Division

25 years RUNNING

Register on-line
www.runningroom.com
Check out www.squamishdays.ca

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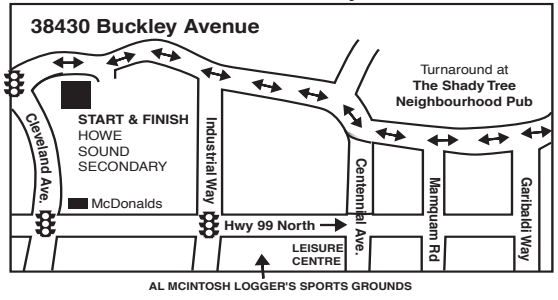
The 10K is RACE #10 of the
LOWER MAINLAND ROAD RACE SERIES
www.lmrrs.com

SQUAMISH DAYS
10K & FLASHBACK MILE

WHEN: Sunday, July 31, 2011

START TIME: 8:25am Wheelchairs
8:30am 10K 8:32am Strollers
8:35am Mile

WHERE: **Howe Sound Secondary School**
38430 Buckley Avenue



This is a fast, flat, out & back route that starts & finishes at Howe Sound Secondary School in Squamish

View mile course at www.squamishdays.ca

FEATURING:

- Non-competitive stroller division! Draw prizes!
- Running Room Socks available for purchase
- Draw prizes!!
- Silver Anniversary shirt offered at cost!
  Black tech tee with silver logo
  Must be ordered by June 30
  Check your size at any Running Room
- Online registration www.runningroom.com
- ChampionChip timing system
- Km markers, 1 mile, 1 mile to go, 3 water stations
- Accurately measured course, Run Canada Course Measurement #BC-2004-048-BDC
- Bag check
- Paved shoulder
- Post-race food, baked goods, fruit, coffee, juice

Any proceeds go to community volunteer organizations.

TIMING & RESULTS BY:

RACE HEADQUARTERS

10K AGE CATEGORIES

19 & Under	35-39	55-59
20-24	40-44	60-64
25-29	45-49	65-69
30-34	50-54	70+

Awards to top 3 in each category and Running Room gift certificate for overall top three male and female.
Running Room Gift Certificates: $100, $75, & $50

Slavo Lehocky Memorial Trophy will be presented to the first local male & female finishers.

WHEELCHAIR DIVISION Open & Quad

Awards to top 3 in each category. Running Room Gift Certificates to top two in each category: $100 & $75

START TIMES: WHEELCHAIRS 8:25am, 10K 8:30am, STROLLERS 8:32am, MILE 8:35am

MILE AGE CATEGORIES

MALE & FEMALE

8-9	OPEN MEN
10-11	OPEN WOMEN
12-13	
14-15	

Awards to top 3 in each category

Register OnLine: www.runningroom.com

PACKAGE PICK-UP

VANCOUVER DENMAN RUNNING ROOM
Thursday, July 28, 2011 3-7pm
103-679 Denman Street

N VANCOUVER: WESTVIEW RUNNING ROOM
Friday, July 29, 2011 3-7:00PM

SQUAMISH: GARIBALDI GRAPHICS
Saturday, July 30, 2011 2-5pm
38058 Cleveland Avenue, Squamish

DAY OF RACE REGISTRATION
6:30-8:00 AM July 31, 2011
Howe Sound Secondary School

LOCAL REGISTRATION DROP-OFF IN PERSON prior to Wed. July 27, 2011 at:
Garibaldi Graphics—38058 Cleveland Avenue

MAILING ADDRESS

Squamish Days 10K, PO Box 68, Squamish BC V8B 0A1
Register OnLine: www.runningroom.com

ENQUIRIES

Alma Lewis (604) 898-3755
www.squamishdays.ca Email: arlewis@shaw.ca

ENTRY FORM

❑ **10K** ❑ **MILE** ❑ **WHEELCHAIR** ❑ **STROLLER**

No walkers please, must finish in 80 minutes.

Last Name _____

First Name _____

Age on July 31, 2011 _____ ❑ Male ❑ Female

Birth Date _____
month day year

Address _____

_____
city province postal code

Telephone _____

E-mail _____

I own a CHIP! Here is my # _____

2011 B.C. Athletics Member # _____

I would like to order a shirt_____ ❑

SIZE: XS S M L XL XXL _____ $16.00 each

Shirt(s) must be ordered by JUNE 30, 2011

ATHLETES WAIVER

In consideration of your accepting this entry, I hereby for myself, my heirs, executors and administrators waive and release any and all rights or claims for damages I may have against the organizers of the agents, representatives, successors and assigns, and the race sponsors, for all and any injuries I may sustain during the course of the event, including negligence.

_____
Signature of Athlete

PARENTAL / LEGAL SIGNATURE

(Must be signed if athlete under 19 years of age.) I the legal parent / guardian of the above competitor, hereby certify that I have read and agree to be bound by the terms of the above waiver on behalf of the said competitor.

_____
Signature of Parent / Legal Guardian

DAY OF RACE (Official Use Only)

ENTRY FEES

EARLY (received by July 8, 2011):
Mile ..... $10.00 _____
10K Run / WC / Strollers ..... $23.00 _____

LATE (after July 8, 2011) / ENTRY DAY OF RACE:
Mile ..... $15.00 _____
10K Run / WC / Strollers ..... $28.00 _____

SUB TOTAL $.....

Shirt(s) ..... $16.00 _____

BC ATHLETICS MEMBERS **(DEDUCT)**.....**- $3.00** ❑

TOTAL ENCLOSED $.....

MAKE CHEQUES PAYABLE TO: SQUAMISH DAYS 10K RUN
PO BOX 68, SQUAMISH BC V8B 0A1
or REGISTER ONLINE: www.runningroom.com