



THE 21ST ANNUAL  
**TC 10K**  
RUN • WALK • APRIL 25, 2010

# Registration Form

Return this entry form with your fee to:  
**TC 10K**, 100 – 4636 Elk Lake Drive  
Victoria, BC V8Z 5M1

The TC 10K starts 8 AM. Thrifty Foods 1.5K Family Run 10 AM

## Personal Information

Please note: you will be corralled at the start line based on your estimated completion time. Estimated Completion Time e.g. 65 minutes (required): \_\_\_\_\_

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Prov/State \_\_\_\_\_ Postal Code/Zip \_\_\_\_\_

Day Phone \_\_\_\_\_ Email \_\_\_\_\_

Gender M F Birthdate YY | MM | DD T-shirt size (circle) Youth S Youth M Youth L Adult S M L XL XXL

Medic Alert No. \_\_\_\_\_ How many TC 10K events have you completed? \_\_\_\_\_ How did you hear about this event? \_\_\_\_\_

**I am entering:**  TC10K Run or Walk  Thrifty Foods 1.5K Family Run  Walking Category: Competitive (walk only)  Wheelchair Category

**I am entering:**  As an individual  As part of a team Team Name: \_\_\_\_\_

**Team Category:**  School  Corporate  Sports Team

## Entry Fees & Deadlines

Race	Early Bird Until Feb 14, 2010	Regular Feb 15 – April 9	Late April 10 – April 24
TC 10K	\$30	\$35	\$40
Thrifty Foods 1.5K Family Run	\$15	\$15	\$20

Teams	Feb 14, 2010	March 23, 2010
Corporate Teams	\$30	\$35
School Teams 10K (Grades 8–12)	\$25	\$30
School Teams 1.5 K (Gr 7 & under)	\$15	\$15

**Team Registration will close on March 23, 2010.** Please ensure all teams members have registered on or before this date. Individual registration will remain open until April 24.

BC Athletics members deduct \$3. BCA No. \_\_\_\_\_

**NOTE: Entry fees are non-refundable and non-transferable.**

**Late Registrants are not guaranteed a race shirt.** (based on availability) – Register early!

## Payment (TC 10K Entry Fees only)

Entry Fee enclosed \$ \_\_\_\_\_

Donation to Heart and Stroke Foundation \$ \_\_\_\_\_

### Payment Method

Cash  Cheque  VISA  Mastercard

Credit Card No. \_\_\_\_\_

Expiry date \_\_\_\_\_

Name on card (Print) \_\_\_\_\_

Signature of Cardholder \_\_\_\_\_

**Total Amount enclosed \$ \_\_\_\_\_**

Reg #: \_\_\_\_\_ Auth \_\_\_\_\_

## Waiver Release – Please read carefully!

I know that running/walking a road race is a potentially hazardous activity. I should not enter and run/walk unless I am medically able and properly trained. I also know, although police protection will be provided, there will be traffic on the course route. I assume the risk of running in traffic. I also assume any and all other risks associated with running/walking the event including but not limited to falls, contact with other participants, the effects of the weather including high heat and/or humidity, the conditions of the roads, all such risks being known and appreciated by me. Knowing these facts, and in consideration of you accepting my entry, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge the Victoria International Running Society, JQ Events Inc., BC Athletics, the City of Victoria including their Police Department, Emergency Radio Systems,

Event Officials, Volunteers, and any and all sponsors, including their agents, employees, assigns and anyone else acting for or on their behalf, from and against any and all claims of liability for death, personal injury or property damage of any kind or nature whatsoever arising out of or in the course of my participation in this event. This Release and Waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown. Applications for minors will be accepted only with a parent's signature and should be signed by minor also. I agree that the organizers may use any photos, stories, still tape or film taken of me for any purpose without compensation.

**I hereby acknowledge having read this Release & Waiver and that I understand and accept its terms.**

Signature \_\_\_\_\_

Date \_\_\_\_\_

Parent/Guardian signature if entrant under 19 \_\_\_\_\_

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### BRONZE LEVEL SPONSORS



### RUNNING STORE SPONSORS



### MEDIA PARTNERS



### CHARITIES

