



# THE 28<sup>TH</sup> ANNUAL TC 10K

RUN • WALK • APRIL 30<sup>TH</sup>, 2017

Please complete form, enclose fee and mail to:  
TC10K, PO Box 53522, RPO Broadmead, Victoria, BC V8X 5K2  
Further information visit [www.tc10k.ca](http://www.tc10k.ca)  
Cheques payable to: Victoria International Running Society

## 10K & 1.5K Registration Form

Individual  Team

Name: \_\_\_\_\_

DOB (yy/mm/dd): \_\_\_\_\_ Gender: M  F

Team Name (if applicable): \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Prov: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Ph: \_\_\_\_\_ Email: \_\_\_\_\_

Medical Alert: # \_\_\_\_\_

BC Athletics (members deduct \$3): # \_\_\_\_\_

Emergency Contact Name + Ph # \_\_\_\_\_

How many times have you participated in the TC10K? \_\_\_\_\_

T-Shirt size: Youth  XS  S  M  L  
(Cotton - Men's & Ladies' sizes) Men  MS  MM  ML  MXL  XXL  XXXL  
Ladies  WS  WM  WL  WXL

INDIVIDUAL ENTRY FEES *	EARLY BIRD By Feb 28	REGULAR Mar 25	LATE Apr 20	EXPO Apr 28 & 29
TC 10K Run/Walk	\$47	\$52.25	\$57.50	\$65
Thrifty Foods 1.5k Family Run/Walk	\$26	\$26	\$27	\$30
TEAM ENTRY FEES *	EARLY BIRD By Feb 28	REGULAR Mar 25	LATE No Team registration	
10K Team	\$47	\$52.25	N/A	
1.5K Team	\$20	\$25	N/A	
Island Farms School Team 10K (students/teachers only)	\$31.50	\$36.75	N/A	
Island Farms School Team 1.5K (students/teachers only)	\$21	\$21	N/A	

\*Entry Fee includes offline processing fee and GST

## I am Entering:

- TC10K Run/Walk  Thrifty Foods 1.5K Family Run & Walk
- TC10K Nordic Pole Walking  TC10K Wheelchair Recreational
- TC10K Visually Impaired  TC10K Wheelchair Competitive

Participants in the 10K will be corralled at the start line based on your estimated completion time. If no estimated time is indicated you will be assigned a walkers (1.40+) starting number. Verification of ability required for seeded entrants.

## My Estimated Completion Time:

- 0.00 – 0.40 (seeded)  1.10 – 1.19
- 0.41 – 0.49  1.20 – 1.29
- 0.50 – 0.59  1.30 – 1.39
- 1.00 – 1.09  1.40 + Nordic walkers, strollers, baby joggers and non-competitive wheelchairs must start here.

## Payment:

Entry Fee amount enclosed: \$ \_\_\_\_\_

### Additional Donations to Charity:

- BC Cancer Foundation \$ \_\_\_\_\_
- Cystic Fibrosis Canada \$ \_\_\_\_\_
- Every Step Counts \$ \_\_\_\_\_
- Heart & Stroke Foundation \$ \_\_\_\_\_
- Help Fill a Dream \$ \_\_\_\_\_
- Raise a Reader \$ \_\_\_\_\_
- Victoria Hospitals Foundation \$ \_\_\_\_\_

Method of Payment:  Cheque  Money Order  Credit Card\*

Cheques payable to: Victoria International Running Society  
(\*All fields below must be completed for payment by credit card.)

Card #: \_\_\_\_\_

Expiry (mm/yy): \_\_\_\_\_ 3-digit CVV #: \_\_\_\_\_

Name on Card: \_\_\_\_\_

Cardholder Signature: \_\_\_\_\_

Cardholder Phone: \_\_\_\_\_

**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 some police supervision and some control by volunteers will be provided, there will be traffic and may be unauthorized 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 condition 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, Dynamic Race Events Ltd., 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 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. The 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. If I am signing on behalf of or together with a minor as parent or guardian or responsible adult, I warrant that I have authority to do so and I agree, in consideration of VIRS allowing the minor to participate at my request, to indemnify all of the above named parties for any claims as described above advanced by said minor or by anyone on that minor's behalf, and I consent jointly with the minor and on the minor's behalf to the use of images and stories of the race involving the minor to be used for any purpose without compensation. I agree that the organizers may use any images and stories of the race which include me for any purpose without compensation.

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

Signature \_\_\_\_\_ Date \_\_\_\_\_ Parent/Guardian signature (if entrant under 19) \_\_\_\_\_

Proudly Presented by

