



THE 23RD ANNUAL
TC10K
RUN • WALK • APRIL 29, 2012



Run or walk the 23rd Annual TC10K April 29, 2012!

- I am entering: TC10K Run TC10K Recreational Walk
 TC10K Competitive Walk (monitored walk category)
 Thrifty Foods 1.5K Family Run & Walk
 TC10K Wheelchair Competitive
 TC10K Wheelchair Recreational

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.

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

Name _____
 Team Name (if applicable) _____
 Address _____
 City _____ Prov/State _____ Postal Code/Zip _____
 E-mail _____
 Contact Phone _____ Medical Alert # _____
 Gender M F Birthdate YY ____ MM ____ DD ____
 T-Shirt size: Youth XS S M L
 Adult S M L XL XXL
 BC Athletics member deduct \$3. BCA# _____

INDIVIDUAL ENTRY FEES	EARLY BIRD By Jan 31/12	REG. ENTRY Feb 1 - Mar 23	LATE ENTRY Mar 24 - Apr 26
TC 10K Run/Walk	\$35	\$40	\$45
Thrifty Foods 1.5K Family Run/Walk	\$15	\$15	\$17
TEAM ENTRY FEES	EARLY BIRD By Jan 31/12	REG. ENTRY Feb 1 - Mar 23	LATE No team registration
Corporate 10K	\$35	\$40	N/A
Corporate 1.5K	\$15	\$15	N/A
Island Farms School Team 10K	\$25	\$30	N/A
Island Farms School Team 1.5K	\$15	\$15	N/A

Entry Fee enclosed _____ \$ _____
 _____ Total \$ _____
 Method of Payment: Cash Cheque MC/VISA
 Card No: _____ Expiry Date: _____
 Signature of Cardholder (required) _____

Complete form, enclose fee and mail to:
 TC10K, 100 - 4636 Elk Lake Drive, Victoria BC V8Z 5M1
 Further information: info@tc10k.ca / 250.744.5538



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, 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 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) _____

TITLE SPONSOR: GOLD LEVEL SPONSORS: SILVER LEVEL SPONSORS:

BRONZE LEVEL SPONSORS: