

THANKS TO
and PLEASE SUPPORT OUR SPONSORS

RACE &
COMPANY
BARRISTERS & SOLICITORS

save **on** foods



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 30
Bed Races

Saturday, July 31

Children's Sports
Novice & Intermediate Loggers Sports
Seniors Bingo

Sunday, August 1

Loggers Breakfast
10K Run and Flashback Mile
Festival Parade
Open Loggers Sports Show

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

All Runners Welcome

Sunday, August 1, 2010 8:25 a.m.

RUN IT

2010

Register on-line

www.runningroom.com

Check out www.squamishdays.ca

Sponsored By

RACE &
COMPANY
BARRISTERS & SOLICITORS

save **on** foods



The 10K is RACE #9 of the
LOWER MAINLAND ROAD RACE SERIES
www.lmrrs.com

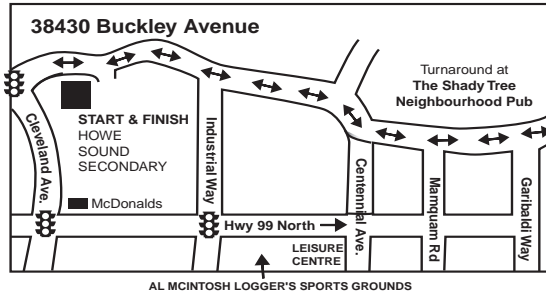
SQUAMISH DAYS 10K & FLASHBACK MILE

WHEN: Sunday, August 1, 2010

START TIME: 8:25am Wheelchairs

8:30am 10K 8:32am 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:

- New improved Sea to Sky Highway
- Running Room Socks available for purchase
- Draw prizes!!
- Recycled paper entry forms
- Choose your own package brochures
- Online registration www.runningroom.com
- ChampionChip timing system
- Km markers, 1 mile, 1 mile to go
- Accurately measured course, Run Canada Course Measurement #BC-2004-048-BDC
- 3 water stations
- Bag check
- Paved shoulder
- Post-race food, baked goods, fruit, coffee, juice

Any proceeds go to community volunteer organizations.

TIMING & RESULTS BY:



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+

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

START TIMES

CHAIRS 8:25am, 10K 8:30am, Mile 8:32am

MILE AGE CATEGORIES

MALE & FEMALE

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

Medals to top 3 in each category

Register OnLine: www.runningroom.com

PACKAGE PICK-UP

VANCOUVER DENMAN RUNNING ROOM
Thursday, July 29, 2010 time: 3-7pm
103-679 Denman Street

N VANCOUVER: WESTVIEW RUNNING ROOM
Friday, July 30, 2010, time: 3-7:00PM

SQUAMISH: GARIBALDI GRAPHICS
Saturday, July 31, 2010 time: 2-5pm
38058 Cleveland Avenue, Squamish

DAY OF RACE REGISTRATION
6:30-8:00 AM August 1, 2010
Howe Sound Secondary School

LOCAL REGISTRATION DROP-OFF IN PERSON
prior to Wed. July 28, 2010 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

e 10K e MILE e WHEELCHAIR

Last Name _____

First Name _____

Age on August 1, 2010 _____ **e Male e Female**

Birth Date _____
month day year

Address _____

city province postal code

Telephone _____

E-mail _____

I own a CHIP! Here is my # _____

2010 B.C. Athletics Member # _____

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

I, _____ 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 REGISTRATION

ENTRY FEES

DAY OF RACE REGISTRATION
Mile \$10.00 _____
10K \$23.00 _____

LOCAL REGISTRATION DROP-OFF IN PERSON

Mile \$15.00 _____
10K \$28.00 _____

SUB TOTAL \$

BC ATHLETICS MEMBERS (DEDUCT) - \$3.00 **e**

TOTAL ENCLOSED \$

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