





Deliver this form by relevant deadline. Mailed entries must be postmarked the week before relevant deadline. **NO REFUNDS or TRANSFERS.**
Mailing address: The Vancouver Sun Run, Attn: Marketing Dept: ROYAL CENTRE, Unit 152A-1055 W Georgia St, PO Box 11010, Vancouver, BC V6E 3P1

I'M ENTERING:

- 10K Individual
- 2.5K Mini Sun Run
- 10K Individual - OPEN TEAM
- 10K Competitive Wheelchair
- 2.5K Mini Sun Run escort (no fee, no T-shirt)
- 10K Individual - YOUTH TEAM
- 2.5K Mini Sun Run - YOUTH TEAM

| | | | | | | | |
|------------|------------|---------------------------------|----------|-------------|---|---|--------------------|
| | | YYYY | MM | DD | F | M | Gender Optional |
| First Name | Last Name | *Birth Date (*Mandatory) | | | | | |
| | | | | | | | |
| Apt. No. | Address | City | Province | Postal Code | | | |
| | | | | | | | |
| Area Code | Home Phone | Email address | | | | | |
| | | | | | | | |

| | |
|------------------------|-------------------------------|
| | |
| Emergency Contact Name | Emergency Contact Cell Number |
| | |

TEAM NAME (if part of an Open or Youth Team)

Entry Fees Includes all taxes and processing fees. (#814689469RT0001)

| 10K INDIVIDUAL ENTRY | | |
|----------------------------------------------------------------------|---------------------------|------------------|
| | By January 31 | \$55.62 |
| | February 1 - April 9 | \$66.68 |
| COMPETITIVE WHEELCHAIR | | |
| | | \$55.62 |
| 2.5k MINI SUN RUN | | |
| Child/Youth <i>(1 month to 18 yrs)</i> | By January 31 | \$25.79 |
| | February 1 - April 9 | \$33.52 |
| Adult <i>(19yrs or older)</i> | By January 31 | \$40.15 |
| | February 1 - April 9 | \$45.68 |
| OPEN TEAMS (fee per team member) | | |
| | Early bird by February 15 | \$55.62 |
| | February 16 - March 15 | \$66.68 |
| YOUTH TEAMS (per person) | | |
| Youth <i>(18yrs and under)</i> | Early bird by February 8 | \$25.79 |
| | February 9 - March 8 | \$36.83 |
| Adult <i>(19yrs older)</i> | Early bird by February 8 | \$40.15 |
| | February 9 - March 8 | \$45.68 |
| FEES | | |
| BC Athletics member discount <i>Provide valid membership # here:</i> | | (-\$3.00) |
| The Vancouver Sun subscriber discount | | (-\$2.00) |
| Total | | |

Payment method

Cheques payable to the Vancouver Sun Run. No post-dated cheques. NO REFUNDS. NOT TRANSFERABLE.

- Credit Card Cheque Cash (in person registrations only, do not mail cash)

Conditions of Entry:

All entries are non-refundable and non-transferable. All entrants must complete the official entry form and submit the correct fee in Canadian dollars. There is a fifteen dollar (\$15.00) service charge for NSF cheques. Incorrectly completed entry forms will be discarded or returned. Applications for minors will be accepted only with a parent or guardian's signature and should also be signed by the minor. All entrants must read and sign the Release and Waiver. All entrants must wear their number on the front of their chest. Only runners, joggers, walkers, wheelchairs and strollers are permitted. Assisted wheelchairs and strollers must start in the walker's zone at the back of the pack. Dogs, skateboards, wagons, in-line skates, scooters, roller skis, bicycles and vehicles are strictly prohibited. Entrants agree that their name, gender and age category may be published with race results in any medium, including the Vancouver Sun Run web site.

RELEASE OF LIABILITY, WAIVER OF CLAIMS AND ASSUMPTION OF RISKS. BY ACCEPTING A RACE NUMBER YOU WILL WAIVE CERTAIN LEGAL RIGHTS, INCLUDING THE RIGHT TO SUE OR CLAIM COMPENSATION. PLEASE READ CAREFULLY.

In consideration of Run Vancouver Holdings, ULC, a British Columbia Unlimited Liability Company (the "Company") permitting me to participate in The Vancouver Sun and/or the Shaw Mini 2.5K Run (the "Activities"), and for other good and valuable consideration (the receipt and sufficiency of which is acknowledged), I agree to all the terms and conditions in this agreement (this "Release"). I AM AWARE AND UNDERSTAND THAT PARTICIPATING IN THE ACTIVITIES BY ANY MEANS, INCLUDING, BUT NOT LIMITED TO, AS A RUNNER, JOGGER, WALKER, IN A WHEELCHAIR OR WITH A STROLLER, INVOLVES MANY RISKS, DANGERS AND HAZARDS, INCLUDING BUT NOT LIMITED TO THE RISK OF SERIOUS INJURY, DEATH OR PROPERTY DAMAGE. I ACKNOWLEDGE THAT I AM VOLUNTARILY PARTICIPATING IN THE ACTIVITIES ENTIRELY OF MY OWN CHOICE AND THAT IT HAS NOT BEEN REQUESTED, SUGGESTED OR REQUIRED IN ANY WAY THAT I PARTICIPATE, INCLUDING BY SPONSORS OF THE ACTIVITIES. I FREELY ACCEPT AND FULLY ASSUME ANY AND ALL OF THE RISKS, DANGERS AND HAZARDS INVOLVED AND THE POSSIBILITY OF INJURY, DEATH OR PROPERTY DAMAGE, WHETHER CAUSED BY THE NEGLIGENCE OF THE RELEASEES (defined below) OR OTHERWISE. The risks associated with my participation in the Activities and which I assume and accept include, but are not limited to: (1) challenges to my physical and mental resources (including the effects of exercise and the unpredictable nature of the human body). I confirm that I do not have any medical conditions that would prevent me from safely participating in the Activities, including, but not limited to, stroke, high blood pressure, heart, liver, kidney or thyroid disease, diabetes, anemia, depression, anxiety, or other psychiatric conditions including a family history of any of the above or other medical conditions. I am not taking nor do I plan to take any prescription, over the counter and/or other herbal medications that could affect my safe participation in the Activities. I further understand that I should not participate in the Activities if I have any health conditions affecting my ability to safely participate and that I should not participate unless I am medically able and properly trained; (2) accidents and physical injury (including falls, injury, contact with other participants or persons); (3) traffic on the course; and (4) the effects of the weather including rain, snow, high heat and/or humidity and the condition of the roads or racing surfaces and other events that may be unforeseeable or beyond the control of the Releasees including "Acts of God", civil unrest and third party violence or terrorism. Knowing these risks, and understanding it is impossible for the Releasees to guarantee my safety, I (on behalf of myself and my heirs, executors, administrators, personal representatives, any minors for whom I am a parent or guardian who participate in the Activities, or assigns) hereby remise, release, indemnify, forever discharge and hold harmless the Company, Postmedia Network Inc. (including, without limitation, its division known as The Vancouver Sun), Capstone Event Group, LLC, the Achilles Track Society, B.C. Athletics, SportMedBC, RockDoc, the City of Vancouver, including its Police Department, Emergency Radio Systems, race officials, race volunteers, and all of the Activity's sponsors, and each of their respective parent companies, subsidiaries, affiliates, agents, directors, employees, assigns or anyone else acting for or on their behalf (the "Releasees") from and against any and all existing and future claims, actions, costs, suits, demands and/or liability (including reasonable solicitor fees and legal costs), including from any and all claims from any third party, for loss, harm, damages, cost or expense, including, without limitation injuries, accidents, losses and damages related to personal injuries, death, damage to, loss or destruction of property, rights of publicity or privacy, defamation, or portrayal in a false light, on account or arising out of or attributable to my participation in the Activities, due to any cause whatsoever, including without limitation the negligence of the Company or any other Releasee, breach of contract, or breach of any statutory or other duty of care owing under occupiers liability legislation or otherwise.

MEDICAL TREATMENT: If I am unable to consent at the time due to injury or illness, I hereby consent to the administration of first aid and other emergency medical treatment for any injury or illness that occurs during any of my participation in the Activities and/or The Vancouver Sun Run and/or Shaw Mini 2.5K Run. I hereby release and forever discharge the Releasees from any claim whatsoever which arises or may hereafter arise on account of any first-aid treatment or other medical services rendered as contemplated in this Release. I consent to the use, editing, broadcast, distribution, exhibition or exploitation of any recordings, photographs, videotapes of me or other record of this event, and/or my participation in the Activities or related events, in any media form, and grant full permission to Postmedia Network Inc. (including, without limitation, its division known as The Vancouver Sun), and/or agents authorized by them, to use my name and/o likeness, and/or any photographs, videotapes, motion pictures, recordings, or any other record of this event, of me, for any purpose related to the Activities or other related events, without any compensation to me. This Release constitutes the entire agreement of the Company and me with respect to the subject matter contained herein and supersedes all other understandings, agreements, representations and warranties, both written and oral, with respect to such subject matter. This Release and its application and interpretation will be governed exclusively by the laws of British Columbia and the parties agree to the exclusive jurisdiction of the courts of the Province of British Columbia. If any term or provision of this Release is held to be invalid, illegal or unenforceable in any jurisdiction, such invalidity, illegality or unenforceability shall not affect any other term or provision of this Release or invalidate or render unenforceable such term or provision in any other jurisdiction. This Release is binding on and shall enure to the benefit of me and my heirs and next-of-kin, and the Company and its successors and assigns.

X _____
Signature of participant or signature of parent/guardian (If participant is under 19)

- I HEREBY ACKNOWLEDGE HAVING READ THIS RELEASE AND WAIVER AND UNDERSTAND THAT, BY REGISTERING FOR THE VANCOUVER SUN RUN AND/OR SHAW MINI 2.5K RUN, I ACCEPT ITS TERMS (INCLUDING MY VOLUNTARY WAIVER OF SUBSTANTIAL LEGAL RIGHTS). I FURTHER ACKNOWLEDGE AND AGREE TO THE TERMS OF THIS RELEASE AND WAIVER ON BEHALF OF MY MINOR CHILD, IF APPLICABLE.
- I HAVE READ THE CONDITIONS OF ENTRY FOR THE VANCOUVER SUN RUN AND/OR SHAW MINI 2.5K RUN AND I UNDERSTAND AND AGREE TO BE BOUND BY THEM.

Souvenir Vancouver Sun Run Shirt included

For shirt sizing, check vancouverusunrun.com

Mini Sun Run (Youth)

100% Cotton T-shirt

YS YM

Adult (10K & 2.5K)

UNISEX. 100% Performance Poly with micro square texture. 130 GSM. Super breathable with featherweight mobility.

S M L XL 2XL

Custom Race Bib (optional)

Please provide a custom name for your race bib. Must be submitted by March 28, 2019. First name will be printed, if no custom name provided.

Custom name

10K Estimated Time

You MUST check off one. If no estimated time is indicated, you will be assigned a walkers (1:46+) starting number. Verification of ability required for seeded entrants.

- 0:00 - 0:44 SEEDED (0:38 Men / 0:44 Women), application times are verified
- 0:44:01 - 0:48 (0:38:01-0:48:00 Men / 0:48:00 Women)
- 0:48:01 - 1:00
- 1:01 - 1:15
- 1:15:01 - 1:45
- 1:45:01+ Walkers, entrants with walking poles, baby joggers, strollers and non-competitive wheelchairs must start here.

For SEEDING qualifications, please check www.vancouverusunrun.com.

Previous Sun Run Time or results from another 10K race in the past year: