

WALK IN THE PARK

18/36/54KM TRAIL RUN

When: Sunday September 5, 2010,

Where: Kenna Cartwright Park, Kamloops, BC.
Start/Finish @ the Primary South Park Entrance on Hillside Drive
(near the Kamloops Regional Correctional Institute)

Start Time: 54 KM - 7:00am; 36 KM - 9:00am; 18 KM - 11:00am

Entry Fee: (Sorry No T-Shirts)

18km	Received before July 1 =	\$12 Cdn.
	Received by August 21 =	\$17 Cdn.
	Received Aug. 22-Sept. 4 =	\$27 Cdn.
36km	Received before July 1 =	\$17 Cdn.
	Received by August 21 =	\$22 Cdn.
	Received Aug. 22-Sept. 4 =	\$32 Cdn.
54km	Received before July 1 =	\$22 Cdn.
	Received by August 21 =	\$27 Cdn.
	Received Aug. 22-Sept. 4 =	\$37 Cdn.

ALL Distances ADD \$3 if not BC Athletics Member

NO Day of race registrations... PRETTY PLEASE

Course: Three HILLY loops on trails around Kenna Cartwright Park.
Total course elevation gain is about 2600m/8500ft

Amenities: Start/Finish full aid station; 1 manned full aid (pass this twice) & 2 self-help partial aid/water stations. Porta-potties are available at S/F and on-course.

Awards: Overall Male & Female in 54km
Lots of Door prizes
2010 Trail Runner Trophy Series points for all distances
BCUTS series points for 54km distance only

Entry: Forms available at sponsors & online @ <http://members.shaw.ca/witp/>
Snail Mail or Hand deliver to: Chris Larouche,
WITP 54km Trail Run
174 Silverthorne Cres, Kamloops, BC, V2C 1R5
250-372-1302; (no phone entries please)

PDF Entry w/ PAYPAL payment. is available (for additional \$5.00)
Please e-mail me for details.

Questions??? witp@shaw.ca

Package pick-up: September 4th: Runners Sole Aberdeen Village, 1395 Hillside Drive
2pm-4pm **ONLY**
Race day: Start/Finish
Prior to event start

Post-Race BBQ (VeggieQ) is included for all participants



2010 WITP ENTRY FORM
This is a BC Athletics Sanctioned Event



Name: _____ M F Age (race day): _____

Address: _____ City: _____ Prov: _____ Post Code: _____

Tel: () _____ Email: _____ BCA #: _____

Is this your first ultra (applicable to 54km event only)? Y N

Will you be scarfing down food at the post race BBQ? Y N

Vegetarian? Y N

		Early (to Jul. 1)	Reg. (to Aug 21)	Late (to Sept. 4)	
<u>ENTRY FEE ENCLOSED</u>	18km	(\$12	\$17	\$27)	\$ _____
	36km	(\$17	\$22	\$32)	\$ _____
	54km	(\$22	\$27	\$37)	\$ _____



Add \$3.00 if not BC Athletics Member \$ _____

TOTAL ENCLOSED \$ _____

Cheques payable to: CHRIS LAROUCHE

WAIVER: I am aware that this event takes place over very rough terrain, with significant elevation changes, and that I may encounter adverse weather conditions and wildlife. In accepting my entry for the event I understand that BC Athletics, the City of Kamloops, event sponsors, Race Management, organizers and event personnel shall not be held liable for any injury or loss to me, however caused, whether it be at the event or traveling to and from it. I am physically fit and will be prepared for the rigors of the event, and will advise race management of any medical condition that may affect my performance in the event. I will carry at least one water bottle at all times during my participation in the event.

Signature of Entrant (Parent or Guardian if under age 18 on date of application):

X _____ Date: _____



NOTE: E-mail addresses are confidential and will be used for distributing results and WITP related information only.