

3KX-Country Romp

Start Time: 11am

This fun event will take you along lightly undulating wooded second growth forest trails. There are a few ups and downs, twists and turns and maybe even a little water. If you like fresh mountain air, then this is for you.

10K Perseverance

Mountain Run

Start Time: 11am

The 10K course features some of the most breathtaking running trails imaginable. It's a classic mountain trail course, so expect to run up and down lots of hills, through soft forest paths and single-track mountain bike trails, over bridges and logs, through water and along crevices in the Cumberland Community Forest.

Max 250 registrations don't delay!

Registration Details

First Name: _____ **Last Name:** _____

Email: _____ **Telephone:** _____

Birthdate Day/Month/Year: _____ **Male/Female:** _____

Medical Conditions/Allergies/Medications: _____

Race Category (as of race day)

10K 19 & Under 20-39 40-59 60+

3K 9 & Under 10-12 13-15 16+

Sponsor/Club: _____

To Register:

- Cheques payable to P.A.C. • Register Early and Save!

Payment please circle choices:

	<u>Adult</u>	<u>Kids</u>
Early Bird (until Oct. 2nd)	\$15	\$10
Regular (until Oct. 28th)	\$20	\$15
Late (Oct. 29th & 30th)	\$30	\$20

Additional donations payable to CCFS: \$ _____

Sorry Fido - no dogs!

REGISTER EARLY, save money and help us avoid lineups!

1. Online. www.preserverancetrailrun.com
2. Drop off or Snail Mail: Extreme Runners 436 5th st.
Courtenay, BC V9N 1J8

Athletes Waiver: In consideration of my accepting this entry I hereby, for myself, my heirs, executors, and administrators waive and release any and all rights or claims for injuries or damages I may have against the organizers holding this race, their agents, representatives, successors, and assigns, the race sponsors, volunteers, Village of Cumberland and Landowners caused by the negligence of any of them arising out of my participation in this event, including pre and post race events. I understand that the race course is very rough and challenging and I understand the risks associated with completing the Perseverance Trail Run. I affirm that I am physically prepared to complete the Perseverance Trail Run and that I have trained for this event.

Date: _____

Signature: _____

Parent/Guardian (if under 19) _____