

THANKS TO
and PLEASE SUPPORT OUR SPONSORS

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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



Thursday, July 30

Campfire Showdown

Friday, July 31

Chair Carve

Bed Races

Fashion Show

Saturday, Aug 1

Children's Sports

Farmers' Market

Novice & Intermediate Loggers Sports

Giant Bingo

Axe Throw

Lumberjack Stomp

Sunday, Aug 2

Loggers Breakfast

10K Run and Flashback Mile

Festival Parade

Open Loggers Sports Show

Monday, Aug 3

Show 'n Shine

Check www.squamishdays.ca
to confirm above schedule

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

Sunday, August 2, 2015 8:25 a.m.

RUNIT 2015

Register on-line

www.runningroom.com

Check out www.squamishdays.ca

Check out Squamish Days 10K
and Flashback Mile on

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The 10K is RACE #10 of the
LOWER MAINLAND ROAD RACE SERIES

www.lmrrs.com

SQUAMISH DAYS 10K & FLASHBACK MILE


WHEN: Sunday, August 2, 2015

START TIME: 8:25am Wheelchairs
8:30am 10K 8:32am Strollers
8:35am 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:

- Back Again! Stroller Division
- Age Categories to 80+ yrs.
- Draw Prizes!!
- Online Registration www.runningroom.com
- For local package pickup in the park  next to Farmer's Market 11am-2pm on Saturday August 1, 2015
- Km Markers, 1 mile, 1 mile to go, 3 water stations
- Accurately Measured Course, Run Canada Course Measurement #BC-2004-048-BDC
- Bag Check
- Paved Shoulder
- Post-Race Food, Baked Goods, Fruit, Coffee, Juice.
- **Sample 'Wholly Noggin', the ultimate nutrition bar.**

Any proceeds go to community volunteer organizations.

TIMING & RESULTS BY:



10K AGE CATEGORIES			
19 & Under	35-39	55-59	75-79
20-24	40-44	60-64	80+
25-29	45-49	65-69	
30-34	50-54	70-74	

Awards 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

Awards to top 3 in each category. Running Room Gift Certificates to top two in each category: \$100 & \$75
Strollers - Awards for top 3 overall.

**START TIMES: WHEELCHAIRS 8:25am,
10K 8:30am, STROLLERS 8:32am, MILE 8:35am**

MILE AGE CATEGORIES

MALE & FEMALE

U5 6-7	10-11	OPEN MEN
8-9	12-13	OPEN WOMEN
	14-15	

Awards to top 3 in each category

Register OnLine: www.runningroom.com

PACKAGE PICK-UP
VANCOUVER DENMAN RUNNING ROOM Thursday, July 30, 2015 3-6pm 103-679 Denman Street
N VANCOUVER: WESTVIEW RUNNING ROOM Friday, JULY 31, 2015 3:30-6:30PM
SQUAMISH: FARMER'S MARKET Saturday, August 1, 2015 11am-2pm Downtown in the Park  next to Farmer's Market
DAY OF RACE REGISTRATION 6:30-8:00 AM August 2, 2015 Howe Sound Secondary School

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

BIB / #

10K MILE WHEELCHAIR STROLLER

No walkers please, must finish in 80 minutes or less.

Last Name _____

First Name _____

Age on August 2, 2015 _____ Male Female

Birth Date _____ month _____ day _____ year _____

Address _____

_____ city _____ province _____ postal code _____
Telephone _____

E-mail _____

I own a CHIP! Here is my # _____

2015 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

(Must be signed if athlete under 19 years of age.) I the legal 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 (Official Use Only)

ENTRY FEES

EARLY (received by July 15, 2015):
Mile \$10.00 _____
10K Run / WC / Strollers \$25.00 _____

AFTER July 15, 2015:
Mile \$15.00 _____
10K Run / WC / Strollers \$30.00 _____
Race Day 10K Run / WC / Strollers \$35.00 _____

SUB TOTAL \$

BC ATHLETICS MEMBERS (DEDUCT).....- \$3.00

TOTAL ENCLOSED \$

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