

CONTACT INFO

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Personal information gathered for the purposes of race registration will not be given or sold to any other organization including event sponsors. Occasionally you may receive a brief email notice about other events being hosted by Hostelling International. Opt out instructions will always be included.



join us at all of our 2009 races

23rd annual

kananaskis 100 mile relay race

saturday, june 20, 2009
www.k-100relay.ca

6th annual

last chance half marathon

sunday, november 15, 2009
www.lastchancehalf.ca

4th annual

**penticton to trout creek
trestle run**

saturday, november 22, 2009

4th annual
spring trio
5/10/15 km



sunday, april 12,
2009
10:00 a.m.

We all get anxious for the running season to start after a long, cold Alberta winter. Here's your chance to get started early with a warm up 5 or 10 km race or, try the unique 15 km distance. This race is a fundraiser for Hostelling International - Canada - Pacific Mountain Region.



All registrations are non-refundable. You may transfer your entry to another runner by notifying the race director before April 3, 2009. Entry fees must accompany your entry form. Please make cheques payable to HI-C-PMR.

- 5 km \$20 by March 20, \$25 after March 20
- 10 km \$30 by March 20, \$35 after March 20
- 15 km \$40 by March 20, \$45 after March 20

First name: _____

Last name: _____

Address: _____

City: _____ Prov: _____ PC: _____

Home phone: _____

Work phone: _____

Email: _____

Gender: M F Age on race day: _____

T-shirt size: XS S M L XL

Method of payment (please circle)

cheque visa mastercard cash

CC number: _____

Expiry date: _____

Name on card: _____

Signature: _____

Please read carefully & sign below:

I acknowledge that participation in the sport of running, including my participation in the Spring Trio, may result in personal injury to myself due to the endurance nature of the sport and the inherent risks associated with running, especially on public roads or pathways and in varying weather conditions. I fully accept these risks.

In consideration of my participation in the Spring Trio (the "event"), I hereby release Hostelling International, its members, officers, directors, employees, sponsors, volunteers, and sanctioning bodies from all claims including any causes of action resulting from any personal injury, loss, illness or death I might suffer from participation in the event.

THE COURSE

Start/finish: is at the Olympic arch in front of the Eau Claire YMCA. Race start is at 10:00 a.m.

Aid stations: there will be a total of 3 aid stations on the course. 5km runners will have 1, 10 km runners will have 2 and 15 km runners will have a total of 4. Aid stations will have water and Powerade.

Finish line: will have water, Powerade and light snacks for all runners.

REGISTRATION

There are three ways to register:

- online at www.eventsonline.ca
- by faxing or mailing this form to the race office
- by dropping off your entry and payment at Gord's Running Store

RACE PACKAGE PICK UP

Race packages can be picked up at Gord's Running Store (919 Centre St N) at the following times:

Thursday April 9: 4:00 - 7:00 p.m.
Saturday, April 11: 12:00 - 5:00 p.m.

