

GET OUT, GET ACTIVE AND HAVE FUN!

The Forever Young Club is proud to be sponsoring the 2nd annual Forever Young 8K. There are many senior (55+) walkers and runners in our communities. This event is a chance for them to gain well-deserved recognition for their commitment to fitness. The Forever Young 8K celebrates active seniors, setting an example to encourage all seniors to adopt a healthy lifestyle. We don't want to be a small part of a big running event – we want to have our own running event! The finishers last year could not have been more proud of their medals and event T-shirts, symbols of their physical accomplishments. Register now for a chance to wear yours in 2016.

POST-RACE SOCIAL

- Award presentation and draw prizes
- Posting of results
- Food and beverages
- Music from the 50's and 60's!

OUR CHARITY OF CHOICE

Funds raised by the Forever Young 8K will help to support the Dream On Seniors Wish Foundation:
www.dreamonseniorswish.org

CONTACT

Have questions about this race?
 Contact us at info@foreveryoung8k.ca

*The Forever Young 8K is a Not for Profit event.
 The Forever Young 8K is sanctioned by BC Athletics.*



THANK YOU TO OUR SPONSORS!

Platinum



RogersYoung Investment Group
www.RogersYoung.com



INSPIRED
SENIOR LIVING

Gold



Silver



Cheryl Hutchcroft
 Independent Beauty Consultant
 MARY KAY COSMETICS



Legends
 LIQUOR STORE
 at TERRA NOVA



W. L. Dueck & Co. LLP
 US and Cross-Border Tax Solutions

Bronze



GARRY POINT PARK
 RICHMOND BC

SUNDAY SEPT. 11, 2016
 9 AM START



LAST YEAR WE SOLD OUT.
 DON'T BE DISAPPOINTED—
 REGISTER EARLY!



www.FOREVERYOUNG8K.ca

ENTRY FORM

LAST NAME		FIRST NAME	
DATE OF BIRTH:	MONTH	DAY	YEAR
AGE ON RACE DAY*		☐ MALE	☐ FEMALE
<i>*You must be at least age 55 on the day of the race.</i>			
ADDRESS			
CITY	PROVINCE	POSTAL CODE	
PHONE			
EMAIL ADDRESS*		<i>*Your email address is required for registration confirmation to be forwarded to you.</i>	
 WOMEN: ☐ S ☐ M ☐ L ☐ XL MEN: ☐ S ☐ M ☐ L ☐ XL			
EMERGENCY CONTACT NAME		EMERGENCY CONTACT PHONE	
MEDICAL CONDITIONS			

ENTRY FEES & DEADLINES:

Early Bird: by June 4th ☐ \$35

Regular: by August 6th ☐ \$45

Late: by September 7th ☐ \$50

BC ATHLETICS MEMBERS DEDUCT \$3. BC ATHLETICS #:

All entries are non-refundable and non-transferable under any circumstances.

Please note t-shirt sizes are not guaranteed after August 22nd.

WAIVER:

In consideration of the Organizers accepting this entry, I hereby for myself, my heirs, executors, & administrators, waive and release any and all right and claim for damage of any sort I may have against the Organizers and Sponsors, their agents, representatives, successors, & assigns, for any and all injuries suffered by me at this Race, or damage sustained by me as a result of this Race, for any cause whatsoever, including negligence. It is expressly understood by the undersigned that this Race is entered into at the sole risk of the undersigned & that the Organizers & Sponsors of the Race are exempt from liability for any & all damages sustained & any and all injury and loss, including personal property loss arising from any cause whatsoever, including negligence.

PARTICIPANT SIGNATURE

DATE

HOW TO REGISTER



Online at www.foreveryoung8k.ca

All online registrations will be charged a small processing fee.



Mail entry form & cheque (payable to Forever Young 8K) to: Forever Young 8K, 7620 Barkerville Crt., Richmond BC V7A 1K9

Mail entries must be received by September 9th.



In Person During Race Package Pick-Up: \$60 September 11th (see below for details).

Payable only by cheque or cash.

Your registration includes:

- Chip timing
- Technical t-shirt
- Finisher's medal
- Post-race delicious snacks and coffee
- A bottle of BC wine will be awarded to the first place finisher in each age category.
- Many, many door prizes!

RACE PACKAGE PICK-UP

Race packages can be picked up on either:

Friday, September 9, from 4 PM to 6 PM
at The Run Inn, 2331 West 41st Vancouver BC

Saturday, September 10, from 3 PM to 6 PM
at The Run Inn, 2331 West 41st Vancouver BC

Day of Race package pick-up at the registration tent at Garry Point Park, 7:30 AM – 8:30 AM

Please bring a printout of your registration email confirmation OR a piece of photo ID to race package pick-up.

Picking Up For a Friend

If you have someone picking up your race package for you they will require a copy of your email confirmation and a one-liner that states this person has permission to pick up your race package for you.

If you no longer have a copy of your email confirmation, make sure your name is listed on the confirmation list and then the only thing the person will require is the one-liner that states that you give them permission to pick up your race package for you.

COURSE DETAILS + MAP

The race will start at scenic Garry Point Park just west of Steveston Village in Richmond. The route is out and back on the West Dyke parallel to the nature-rich corridor of Sturgeon Banks. The course is flat and consists of compact gravel.

