

WAIVER

I/We realize that running on unfinished trails is risky, and I/we take full responsibility for all costs relating to any accident/injury that may occur while participating in the Watershed Park 'Tread the Shed' event. Furthermore, I/we will not hold the Delta Ground Pounders, their members, volunteers, or anyone otherwise involved in the event, responsible for any accident/injury that may occur. I have read and agree with the competitor's agreement.

Name: _____
Signature of Participant

Date: _____

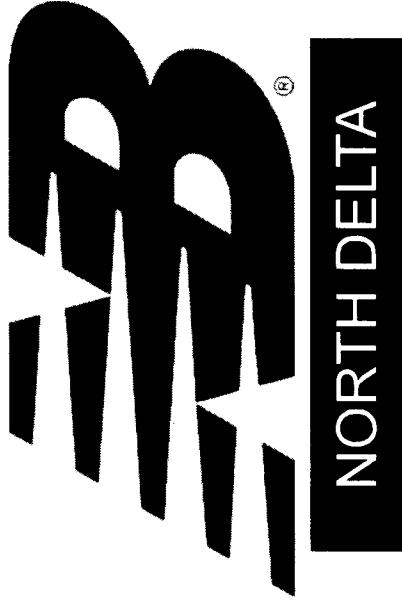
Name: _____
Signature of Parent/Legal Guardian (if under 18years old)

Date: _____

NO REGISTRATION WITHOUT SIGNATURE

No Dogs Please

Event Sponsor:



WWW.NEWBALANCEVANCOUVER.CA

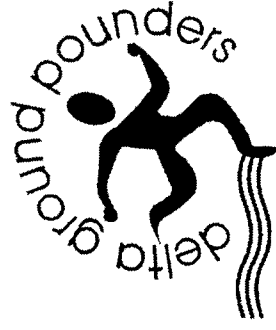
Watershed Park

"Tread the Shed"

8km Trail Run

Sunday, March 7th, 2010
9:00AM

Pinewood Elementary
Delta, BC



DELTA GROUND POUNDERS
RUNNING CLUB

Event Information

Date: Sunday, Mar 7th 2010

Start/Finish Location:

Pinewood Elementary
11777 Pinewood Dr, Delta

Distance: Approx. 8km

Start Time: 9:00AM

Entry: 100 Participants

Encouragement Station:

One—Water

Awards:

First Place, Male and Female

LOTS OF DRAW PRIZES!

BREAKFAST

Following the Race!

Entry Form

Name: _____

Address: _____

City: _____

Postal code: _____

E-Mail: _____

Age(on race day): _____

Gender: _____

Fees

Early-Bird (before Feb 16/10)
\$13.00(incl. GST)

Regular \$18.00(incl. GST)
\$3.00 discount for BC Athletics
Members - number: _____

Attach Cheque or Money Order
Payable to 'Delta Ground Pounders'
Read & Sign Waiver on Reverse

Route
Up & down beautiful, natural,
technical trails.

Registration

Mail or Drop off to:
Delta Ground Pounders
7754—Wansford Dr.
Delta, BC V4C 7S9

Race-day:
8:00AM at Pinewood Elem.

For More Information:
Tel: 604-572-8081
-or- 604 - 308 - 3117
E-mail: dpg-info@telus.net

Entry forms available for
download at:
[www.newbalancevancouver.com/blog/
tread-shed/](http://www.newbalancevancouver.com/blog/tread-shed/)