

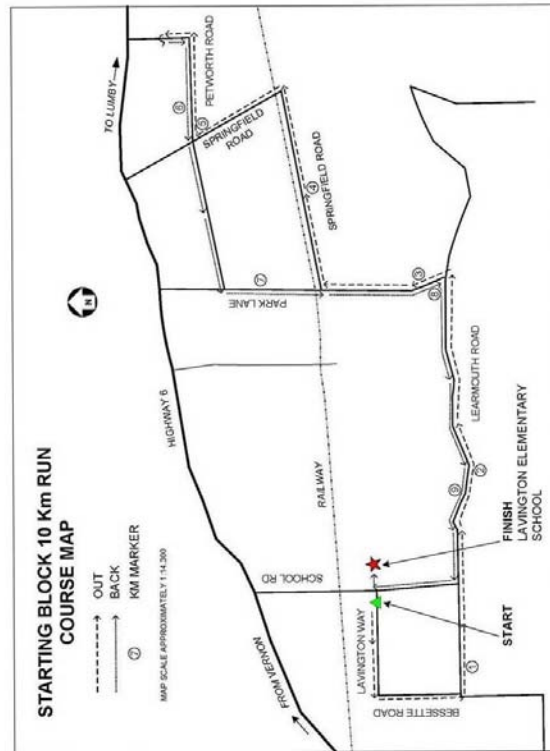
THANKS TO OUR SPONSORS



THE STARTING BLOCK



COURSE MAP



DIRECTIONS TO STARTING BLOCK 10K

FROM NORTH:

HWY 97 TO VERNON, TAKE 27TH STREET EXIT, 27TH ST TO END, LEFT ON HIGHWAY 6 (to LUMBY), TAKE HWY 6 FOR 13.7 km TO SCHOOL ROAD (at SHELL STATION), RIGHT ON SCHOOL ROAD FOR 0.5 km

FROM SOUTH:

HWY 97 TO VERNON, DOWN LONG HILL ("HOSPITAL HILL"), RIGHT AT LIGHT ON 25TH AVE (to LUMBY), STAY RIGHT AT NEXT LIGHT (30TH ST), THROUGH LIGHT AT 27TH ST, HWY 6 FOR 13.7 km TO SCHOOL RD (at SHELL STATION), RIGHT ON SCHOOL RD FOR 0.5 km

Starting Block 10K

And 3km walk/run



Interior Running Association Road Race # 1

Lavington, BC
(14 Km east of Vernon)

Sunday, February 7th, 2010
10:00 am

Presented by



Kal Running and Triathlon Sports



THE COURSE

THE STARTING BLOCK

10K Flat or gently rolling, combination of out-and-back and loop through rural-residential and agricultural countryside, 9 km paved, 1 km gravel road. Expect ice and snow.

3K All paved, flat loop + out-and-back.

NOTE: 3km is not timed, and there are no placings or awards

Souvenir toque to first 150 participants

Water station at approximately 3k and 8k

Washrooms at race start

Medical support on site

Refreshments, awards, and draw prizes following race

Parking along School Road

Please do not park on Lavington Way at race start line

More information:

2010 Race Director: Ginny Sellars
ginnysellars@mac.com

Visit the Kal RATS website
www.kalrats.com

Visit the Starting Block website
www.startingblock.ca

REGISTRATION

ON-LINE

10K only

No additional cost

<http://www2.eventsonline.ca/site/events/sb10k>

BY MAIL

Mail entry form and fee

Cheque to KALRATS

Ginny Sellars
7336 Old Stamp Mill Road
Vernon, BC
V1H 1N2

Download entry form at
www.interiorrunning.ca or
www.kalrats.com

IN PERSON

Cheque to KALRATS or cash

The Starting Block
3017B 30th Avenue, Vernon, BC

Package Pick-up

Saturday February 6, 1-5pm
The Starting Block
3017B, 30th Avenue, Vernon, BC

Day of race until 9:30 am
Lavington Elementary School
9715 School Road, Lavington, BC

ENTRY FORM

First

NAME

Last

Gender (Circle) M F WC

Birthdate D Mon Y

(E.g. 17 Sep 1953)

Age as of 12/31/10	
BC Athletics #	
Address	
City/Province	
Postal Code	
Email address	

Fees:

10K (Pre-entry):	\$26
10K Day of Race add:	\$6
3K (Day of Race)	\$6
BC Athletics member deduct:	-\$3

Amount Enclosed: \$ _____

Please make cheque payable to: Kal RATS

In consideration of the organizers accepting this entry, I hereby for myself, my heirs, executors and administrators, WAIVE AND RELEASE any and all rights and claims for damages of any sort I may have against the organizers of the Starting Block 10 Km Run and 3 Km Run/Walk (the "Race"), their agents, representatives, successors and assigns, for any and all injuries suffered by me at the Race, or damages sustained by me as a result of the Race, for any cause whatsoever, including negligence. I understand that I enter this Race at my sole risk and that all organizers of the Race are exempted from liability for any and all damages sustained and any and all injury and loss, including personal property loss arising from any cause whatsoever, including negligence. I further hereby grant full permission to the race organizers, and the Interior Running Association, to use my name, gender, age, home town, and race results from this event in any publicity related to this event, including posting of the race results to the IRA and related running club websites.

Athlete's _____
Signature (parent or guardian if under 19)