

Event Information

Welcome to Mission for the 7th Annual 5KM and 10KM walk/run. The Mission Hillstompers are once again pleased to present this scenic race in the quiet rural setting in Mission's Ferndale area.

The accurate 5KM and 10KM courses give distance options to please your entire family. Come and join us for awards in various age group categories.

Date: Sunday, April 11, 2010
Time: 7:00 AM – Registration Opens
9:00 AM – 10KM and 5KM Start
10:30 AM – Course Closed
11:00 AM – Awards and Prizes

Please give yourself sufficient time for registration and race timing chip pickup.

Location: Races start and finish at
Albert McMahon School
32865 Cherry Ave., Mission, BC

How to Enter

There are three different ways you can enter:

By Mail

Entries must be post-marked no later than April 4th, 2010 to be accepted.

Please complete all information, ensuring you have signed the form and made cheques payable to "Mission Hillstompers" and mail to:

Mission Hillstompers
8142 Lawrence Lane
Mission, BC Canada
V2V 6R7

On Line

Forms can be downloaded and mailed, or you can enter "On Line" using a major credit card by following the link at www.springahead.org up until midnight April 7th, 2010.

In Person

You can enter in person at any of the following locations:

1. Abbotsford Running Room
2070 Sumas Way, Abbotsford
2. Wentings' Cycle
33245 N. Railway Ave Mission
3. Race Day (for an additional \$5 cost)
32865 Cherry Ave, Mission
Between 7:00 AM and 8:30 AM

Note "in person" registration can only accept cash or cheque payable to "Mission Hillstompers"



Spring
Ahead



The Mission
Hillstompers
Proudly Present

the 7th annual

Spring
Ahead

5KM and 10KM
Mission, BC

Sunday April 11, 2010
At Albert McMahon School
32865 Cherry Avenue
9:00 AM Start

Come for the fun and the awards!

Our Sponsors



DISTRICT OF MISSION



Grab-a-Java
Coffee House, Ice Cream Parlor & Coffee Roaster



SpringAhead Application 2010

Please Print and complete all fields

Last name / Family Name

First Name / Given Name

Street Address

City

Province

Age on Race

Birth date (dd/mm/yy)

Female

Male

Daytime phone number (area code)

E-mail address (optional)

Race Information

5 KM Race

10 KM Race

Advanced Package Pickup

Friday April 9, 2010 between 6PM and 8PM at the Abbotsford Running Room location: 103 – 2070 Sumas Way, Abbotsford; or Saturday April 10, 2010 between 3 PM and 5 PM at Wentings' Cycle: 33245 N. Railway Avenue, Mission; or Race Day – Sunday, April 1st, 2009 between 7:30 AM and 8:30AM

Souvenir Garment

We are pleased to offer the following: for women: a Yoga Jacket; for men: a technical short sleeved running shirt.

Men's Technical Running Shirt \$15.00

Sizing S M L XL

Women's Yoga Jacket \$30.00

Sizing S M L

Souvenir Garments must be ordered before March 15, 2010

Race Fee and Payment

Entry Fee Adult \$30.00

Entry Fee Youth \$20.00 (14 and under)

Garment \$ _____

Subtract \$5.00 (before March 21, 2010)

Add \$5.00 (after April 7, 2010)

BC Athletics Members (No. _____)

Subtract \$3.00

Total Fee \$ _____

Included in Your Race Entry

- Entry to the selected 5KM or 10KM Event
- Chip timing by Race Headquarters
- On-line race results
- Goody bag and special offers
- After race snacks and beverages
- Post-race age-group awards ceremony

Waiver

I certify that I am 19 years of age or older and/or the legal guardian of the indicated participant. I know that participating in any of the Mission SpringAhead events can be a potentially hazardous activity. I agree not to enter and participate unless I am medically able and properly trained. I am voluntarily entering and assume all risks associated with participating in any of the events, including, but not limited to, falls, spills, contact with vehicles, other participants, spectators or others, the effect of weather, traffic and the conditions of the road, all such risks being known and appreciated by me.

Having read this waiver and knowing these facts, and in consideration of your accepting this application, I, for myself, charges and anyone entitled to act on my behalf, waive and release the organizers of this event, all Sponsors and volunteers of the event and each of the respective representatives and successors, officers, directors, members, agents, and employees of the foregoing, from all present and future claims or liabilities of any kind, known or unknown, arising out of my participation in the event even though that liability may arise out of ordinary negligence or fault on the part of the persons named in this Waiver. I grant my permission to all the foregoing to use or authorize others to use photographs, videos, recordings, or any other record of my participation in the event for any legitimate purpose without remuneration.

Signature

(19 Years of age or older and/or legal guardian)

Date

For More Information:

Web: www.springahead.org

E-mail: info@springahead.org

Telephone: (604) 826-4721

