

For more information contact:

Goldstream Nature House

operated without government funding by RLC Park Services

Phone: 250-478-9414

Email: goldstream@naturehouse.ca

Race Supporters

RLC Park Services

Frontrunners Westshore (*& other island locations*)

Westside InstaPrint

Canadian Springs

...and all of you!!!!



12th Annual



"Salmon run...so should you!"

Salmon Run 5km

5k Race & Family Fun Run

at Goldstream Provincial Park Campground

"A surprisingly challenging local 5k!"

Saturday October 18th, 2014

At 10:00am

THE CAUSE:

Proceeds from this event support environmental education programs at the park and help to keep the Goldstream Nature House open.

Every year this race brings a healthy dose of competition and fun to those who participate!



Race Information

Race Date: Saturday October 18, 2014 **Start Time:** 10:00 am
LOCATION: Goldstream Provincial Park CAMPGROUND
How to get there: North on HWY 1
LEFT at Westshore Parkway (right at roundabout) past Tim Horton's and follow blue and white signs to campground.

The race will start at the campground gatehouse, loop through the paved campground roads and finish back at the gatehouse.

COST:

Early Bird: On or before Oct 3rd, 2014: \$15

-early bird /shirt \$30

Regular: After Oct 3rd: \$20 / \$35 -with shirt

(** T-shirts are not guaranteed after this date)

Donations: ANY contribution is appreciated!

Register on-line at www.raceonline.ca OR Drop off your entry form at:

- At Frontrunners Westshore
#123-755 Goldstream Avenue
- At the Goldstream Nature House
Located down trail from the day-use area of Goldstream Provincial Park

Race Day Registration (Saturday, October 18th):

9:00 to 9:30am at the Goldstream Park **Campground**

Race Number Pickup:

Oct.17, 2014: 9:00-4:30pm @ the Goldstream Nature House

Oct.18, 2014: 9:00-9:45am at the race start

Race Extras:

- Draw prizes (draw starts at ~11:00 am after majority of participants are finished the course)
- Post-race refreshments
- Challenging scenic course
- Spawning salmon (weather permitting!!)

****An opportunity to help us provide environmental education programs to local school children.**

Registration Form:

First Name: _____ Last Name: _____

Age : _____ Gender: M___ F___

Team/Affiliation: _____

Address: _____

Phone: (_____) _____

Email: _____

Emergency Contact: _____ Phone: _____

Entry Fees:

Early Bird payment must be received on or before October 3rd

___\$15 ___\$30 (with shirt)

Regular-payment received after October 5th

___\$20 ___\$35 with running shirt - (not guaranteed after this date)

Donations– every little bit helps us in our effort!!!

Payment Method:

___ Cash

___ Cheque (payable to Goldstream Nature House)

___ Visa/MC # _____

Amount to be charged to card \$ _____

Total Amount Enclosed (incl Donations): _____

Waiver: In consideration of accepting this entry, I hereby for myself, my heir, executors and administrators, waive and release any and all rights or claims for damages against organizers of this event or their agents, representatives, successors, volunteers, or the race sponsors, for any and all injuries and illnesses or losses I may sustain during the course of the event.

Athlete's Signature: _____

Date: _____