



Westwood Lake Relay

October 30st, 2010 at 10:00 am

Location: Westwood Lake Park, Westwood Rd, Nanaimo, off Hwy. 19 (Nanaimo Parkway)

Distance: Approximately 5.5 km x Four laps of the lake = 22 km total

Entry Fees: (fees can be paid **online**, by **mail** or at **Frontrunners**, Nanaimo)

Team **\$28** per team early fee if received by Sept 30th.
\$40 per team October 1st but before October 27th.
\$48 on race day.

Solo **\$20** if received by September 30th.
\$24 October 1st but before October 27th.
\$26 on race day.

Make checks payable to **Bastion Running Club**

Registration:

- You can register online through [Events Online](#) up to noon on October 27th.
- You can register by dropping off form and fees until October 28th at;
Frontrunners Nanaimo, (Unit #3, 5767 Turner Road, Longwood Station.)
- You can register by mail by sending form and fees by October 28th to:
Bastion Running Club, PO Box 2004 Station A, Nanaimo, BC V9R 6X5

Categories: (by age on race day)

Junior Women (19 & under), Junior Men (19 & under), Junior Mixed (19 & under)
Open Women (20-39), Open Men (20-39), Open Mixed (20-39)
Masters Women (40-59), Masters Men (40-59), Masters Mixed (40-59)
Grand Master Women (60 +), Grand Master Men (60 +), Grand Master Mixed (60 +)
Solo Women (any age), Solo Men (any age), Family (any age)

- Teams run in the category of their **youngest** runner on race day
- Women can run on men's teams, but men can't run on women's teams
- All Mixed categories must have a **minimum of 2 women**
- Family teams must have a **minimum of two members** from the same family

General Info: This event is part of four cross country races on the Island. These include;

- **Thetis Lake 20 K Relay** on Nov. 11th.
- **Gunner Shaw XC** on Nov. 27th.
- **Stewart Mountain XC** on Dec. 11th.

The Event:

All funds raised will go to the **Nanaimo Regional Hospital - Emergency Department**.

Low Frills Event:

Runners must record their own times and post them at the finish area. There will be limited food and fluids at the finish. Hot chocolate, coffee and cookies will be available. Be prepared to bring your own refreshments and dry, warm change of clothes.

Awards: Prizes will be awarded to the first three places in each category.

Information: <http://www.westwoodlakerelay.com/> or contact Steve Middleton at westrelay@shaw.ca



2010 WESTWOOD LAKE 22K RELAY ENTRY FORM

Team Name or Solo Runner Name

Team Captain or Solo Runners Address

Phone _____ Email _____

Category, By Age on Race day

- Junior Women (19 & under), • Junior Men (19 & under), • Junior Mixed (19 & under),
- Open Women (20-39), • Open Men (20-39), • Open Mixed (20-39)
- Master Women (40-59) , • Master Men (40-59), • Master Mixed (40-59) ,
- Grand Master Women (60 plus), • Grand Master Men (60+) , • Grand Master Mixed (60+)
- Solo Women (any age) • Solo Men (any age) • Family (any age)

Team Members or Solo Runner (Please print clearly)

1. **(Captain)** _____ Age ____ M ____ F ____
2. _____ Age ____ M ____ F ____
3. _____ Age ____ M ____ F ____
4. _____ Age ____ M ____ F ____

*Each Participant **MUST** sign the waiver*

Waiver: In consideration of accepting this entry, I hereby for myself, my heirs, executors and administrators waive and release the Bastion Running Club and race sponsors from any and all rights or claims for damages I may have against them for any and all illnesses, injuries or loses I may sustain as a result of my participation in this event. I as team captain accept full responsibility for my team and have informed each member that I have signed this waiver on their behalf.

Captain's Signature or Solo Runner (Must be 19 years old. Parent's signature required for participants under 19)

_____ Date: _____

Team Member 2 Signature _____ Date: _____

Team Member 3 Signature _____ Date: _____

Team Member 4 Signature _____ Date: _____