



2009 RUN THE NORTH SHORE TRAIL SERIES ENTRY FORM

ENTRY FEES *includes GST

DIRTY DUO MARCH 7

\$30 Trail Run 25km \$40 Trail Ultra 50km
\$20 Trail Run 15km \$40 Mtn Bike 30km
\$50 Solo (Run and Bike) \$70 Relay
Add \$10 for late entry after Feb 9

MY FIRST TRAIL RACE APRIL 5

\$20.00 Until March 15

REACH THE PEAK APRIL 12

\$30.00 Until March 15
\$45.00 Two-Person Relay
\$10.00 Snowshoe Rental
\$5.00 Shuttle Bus

TENDER KNEE 12km MAY 31

\$30.00 Until May 1
\$5.00 Shuttle Bus

IRON KNEE 25km MAY 31

\$30.00 Until May 1
\$5.00 Shuttle Bus

SUMMER SOLSTICE TRAIL HALF AND FULL MARATHON JUNE 21

\$40.00 Marathon Until June 1
\$30.00 Half Until June 1

CANUCK PLACE ADVENTURE CHALLENGE SEPTEMBER 12th

\$50.00 *Registration only online

TENDER LUNG 10km SEPTEMBER 27

\$20.00 Until September 1

IRON LUNG 20km SEPTEMBER 27

\$25.00 Until September 1

HALLOW'S EVE OCTOBER 25

\$20.00 10km until October 1
\$30.00 21km until October 1

PHANTOM RUN NOVEMBER 21

\$25.00 Until November 1

TOTAL: _____
(PLUS 5% GST)

PARTICIPANT INFORMATION

LAST NAME: _____

FIRST NAME: _____

DATE OF BIRTH: _____

GENDER: M F

ADDRESS: _____

CITY: _____ P/C: _____

PHONE: _____

EMAIL: _____

RELAY TEAM NAME: _____

PARTNER NAME: _____

DATE OF BIRTH: _____

EMERGENCY CONTACT NAME: _____

EMERGENCY CONTACT #: _____

MEDICAL CONDITIONS: _____

*Please add **\$10** for late registration

*Shuttle Bus - Please check the website for departure times

REGISTER ONLINE AT
WWW.RUNTHENORTHSHORE.COM

PAYMENT INFORMATION - Please make checks payable to "Run the North Shore."

CREDIT CARD: VISA M/C # _____ EXPIRY (MM/YY): _____

NAME ON CARD: _____ SIGNATURE: _____ DATE: _____

Run the North Shore: 101-1200 Lonsdale Avenue, North Vancouver, BC, V7M 3H6
(604) 990-6888 - (604) 990-1113 (Fax)