

COURSE INFORMATION

This is a flat 10 kilometre race along the Okanagan River channel finishing in Oliver Community Park. There are two aid stations on the course. The 3 kilometer race will be available for those younger athletes or those competing in their first running event. There will be medical support on site.

All athletes invited to stay for refreshments, awards (wine for the top three finishers in each age category over 19yrs) and draw prizes following the race.

More information:

Race Director: Shauna Isted

Email: sisted@oliverrecreation.ca

Phone: 250-498-4985 ext. 263

REGISTRATION

Late Registration and Race Package Pick Up

Oliver Community Centre
6395 Park Drive, Oliver
8:30 - 9:30AM

Online Registration available at



WWW.ZONE4.CA

(no additional cost)

This event is organized by Oliver Parks and Recreation and proudly supported by volunteers and local businesses



FEES

(Sorry no refunds)	10K	3K
Under 19 years	\$20	\$15
19 years & up	\$27	\$21
Day of Race add	\$11	\$6
BC Athletics Member deduct:	-\$3	-\$3

Amount Enclosed: \$ _____

(Cheques payable to:

Oliver Parks and Recreation)

Entries may be mailed to: Oliver Parks &

Recreation, Box 627 6359 Park Drive, Oliver, BC, V0H1T0

ENTRY FORM

First Name: _____

Last Name: _____

Gender (Circle) M F Age: _____

Birthdate Year ____ Month ____ Day ____

BC Athletics # _____

Address _____

City _____ Province _____

Postal Code _____

Phone Number _____

Email Address _____

WAIVER

In consideration of accepting this entry, I hereby for myself; my heirs, executors and administrators, WAIVE AND RELEASE any and all rights and claim for damages of any sort that I may have against the organizers of the Oliver Wine Capital of Canada 10K (the "Race"), their agents, representatives, sponsors, 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.

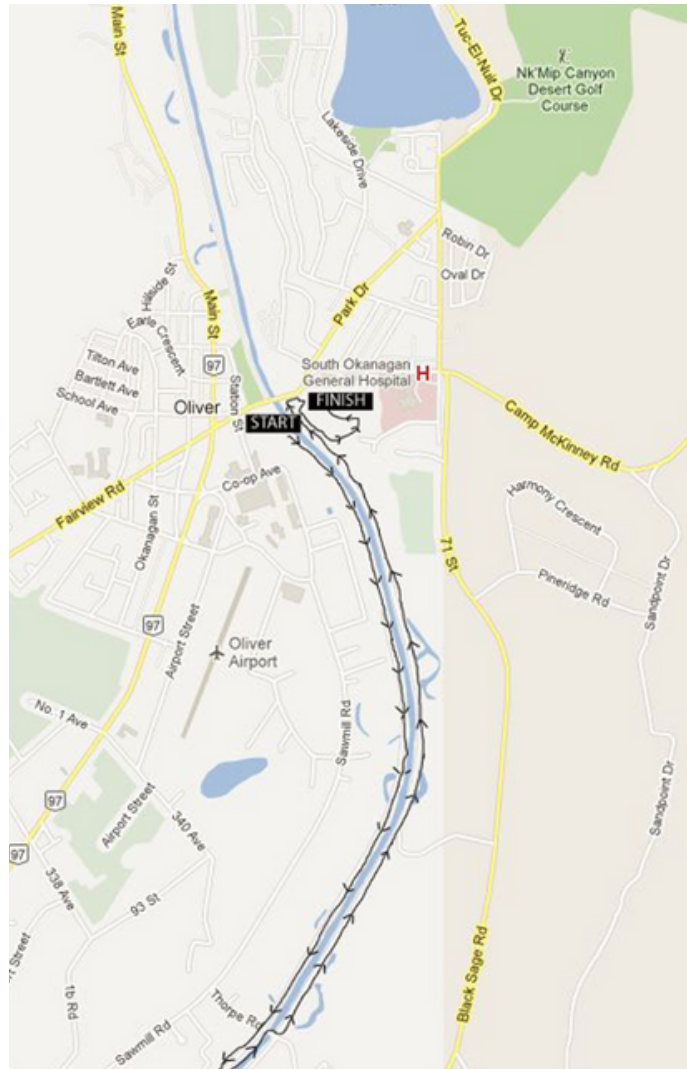
Signature of Competitor: _____

A BIG THANK YOU TO OUR RACE SPONSORS



COURSE MAP

The course starts on the west side of the Okanagan River channel near the bridge. It will head south on the pathway and eventually double back on itself and then cross over the channel on another bridge and then follow a dirt road north back to the Community Centre where you will run around the perimeter of the fields to the finish.



OLIVER

WINE CAPITAL OF CANADA
10K & 3K



Canadian Tire
Interior Running Association

Road Race #3

SUNDAY, APRIL 9, 2017

3K 9:15AM
10K 10:00AM



www.interiorrunning.ca