

**Cowichan Autumn Classic  
5K, 10K or Combo (5k+10K)  
1.2k Kids race  
Sunday, October 22nd, 2023**

**Mail – In Registration Form**

Please put an “x” by the appropriate race and fee you are registering for.

<b>5K Entry Fee</b>			<b>Start time 5K 9:30 am</b>
Early: March 1- May 29	<b>\$35</b>		
May 30 - Aug 29	<b>\$45</b>		
Aug 30 - Oct 20	<b>\$55</b>		
<b>10K Entry Fee</b>			<b>Start time 10K 10:15 am</b>
Early: March 1 - May 29	<b>\$45</b>		
May 30 - Aug 29	<b>\$55</b>		
Aug 30 - Oct 20	<b>\$65</b>		
<b>Combo (5k+10K) Entry Fee</b>			<b>Start time Combo 9:30 **</b>
Early: March 1 - May 29	<b>\$60</b>		
May 30 - Aug 29	<b>\$75</b>		
Aug 30 - Oct 20	<b>\$90</b>		
<b>Kids 1.2k race (age1-10)</b>	<b>\$7.50</b>		<b>Start time 10:30</b>
<b>**<u>In order to participate in the Combo you must complete the 5K by 10:10</u></b>			<b>Course Closes at 12:30 pm</b>

**\*PLEASE NOTE THERE WILL BE NO RACE DAY REGISTRATION\***

**Online Fee Notes:**

1. Online registration closes at 6pm October 20, 2023
2. There is a processing fee for registering online.
3. Payable in Canadian funds. VISA and MC accepted online only.
4. NO REFUNDS or CANCELLATIONS, Transfers to another individual will be available online with a fee applied

Please print clearly:

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Telephone Number: \_\_\_\_\_

Email: \_\_\_\_\_

Birthdate: \_\_\_\_\_ Gender: Male \_\_\_\_\_ Female \_\_\_\_\_

Will You be Participating in the Wine Tasting Yes: \_\_\_\_\_ No: \_\_\_\_\_

Club Affiliation: \_\_\_\_\_

Team Name: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_

Emergency Contact Number: \_\_\_\_\_

**Charity: A minimum of \$2.50 from each registration will be donated to KidSport Cowichan**

**Waiver:** In consideration of your accepting this entry, I, hereby, for myself, my heirs, executors, and administrators waive and release the organizers of this event and its sponsors from any and all rights of claims for all damages I may have against them, their representatives, successors, and assigns, for any and all illness, injuries, and/or losses I may sustain as a result of my participation in this event, I also give permission for photos to be taken and released.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

(Parent or Guardian must sign if under 19 years.)

Cancellation Policy: Entry Fee is non-refundable for the event. Entrants may change events after paying the appropriate entry fee difference, if applicable.

Mail completed entry form, signed waiver, and cheque made payable to Ceevacs Roadrunners Club to:

**Cowichan Autumn Classic**  
C/O Brenda Niziol, Race Director  
P.O. Box 160

Shawnigan Lake, B.C. V0R 2W0

Please allow at least 7 days for Canada Post to deliver your form. Completed entry forms may be brought to Early bib pick up at Glenora Hall on Sat October 21, 2022 from 1-3

Race Information is available at the Ceevacs Roadrunners Club website: [ceevacs.com](http://ceevacs.com). Once there, go to the Event drop down menu and select Cowichan Autumn Classic.

**Race Information:**

Date: October 22rd, 2023

Start Times: 5K Start: 9:30 AM

10K Start: 10:15 AM

Combo (5K+10K): 9:30 AM\*\*

Kids 1.2k: 10:30 AM

**\*\*In order to participate in the Combo you must complete the 5K by 10:10am**

**Location:** Glenora Community Hall, 3660 Glenora Road at Marshall Road, Duncan, BC

(Please leave enough time for you to park and check in. Signs and volunteers will be present to direct you to the Glenora Hall for Package Pick-up and Check In.)

**Check In:** check in for race number pickup will start at 8:00 AM on Sunday, October 22rd, 2023.

**Pre race package pick-up** will be available on Saturday October 21, 2023 from 1-3 at Glenora Hall.

**Parking:** Volunteers and signs will be present to direct you to available parking. Directions for arriving at the Glenora Hall will be on the Ceevacs website closer to the Race Date.

