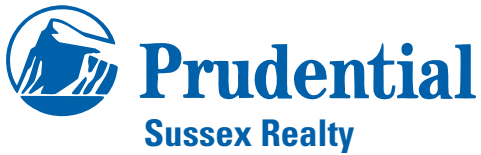


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If you are interested in becoming a sponsor for the 2010 Rotary Seawalk Run, please contact us on our website at:

www.seawalkrun.com

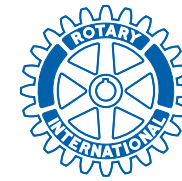
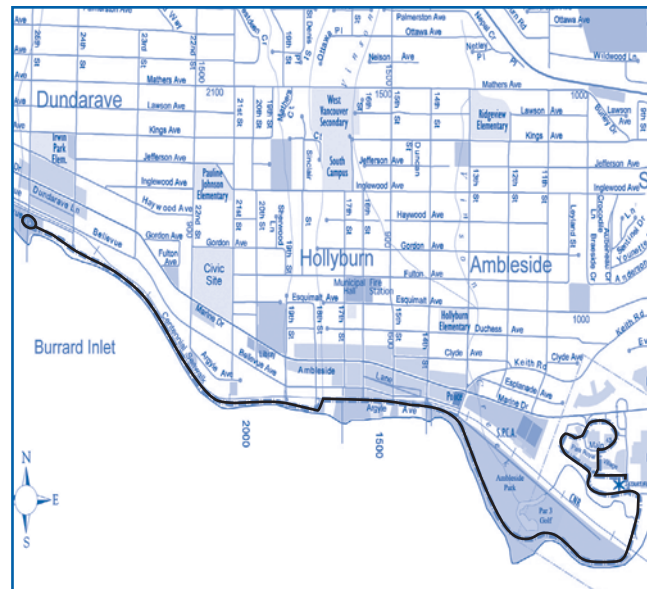
2010 ROTARY 10km SEAWALK RUN

Run Map and Course Description

The Rotary 10km Seawalk Run starts at The Village at Park Royal, takes you under the railtrack on to the waterfront path around Ambleside Park, along Argyle Avenue to the beautiful Centennial Seawalk as far as Dundarave Park where the Run loops for its turnaround. The return follows the same route along the Seawalk and then approaches its end with a final flourish around the waterfront of Ambleside Park, leading to the Run's finish behind Home Depot in The Village at Park Royal.

The Rotary 5km Walk will take place concurrently as an informal and untimed event. The 5km Walk start and finish will be at The Village at Park Royal. The Walk course will follow the Run Course out to the west end of Ambleside Park, turning back alongside the rail tracks towards its finish.

Rotary Run Map



Rotary Club of West Vancouver



**Rotary Seawalk
10km Run & 5km Walk**



**Prudential
Sussex Realty**

Presented by Prudential Sussex Realty
**Sunday, May 30, 2010
7:30am**

START

The Village at Park Royal, through Ambleside Park and the Centennial Seawalk to Dundarave. Return by the same route to Ambleside Park and The Village at Park Royal **FINISH**

Net Proceeds to Canuck Place Children's Hospice & Rotary projects including North Shore Youth Projects

EVENT INFORMATION

The 2010 Rotary 10km Seawalk Run takes the runner on a beautiful return journey along the West Vancouver Waterfront through parkland and the length of the scenic Centennial Seawalk linking Ambleside and Dundarave. For course details and map, see the back panel of this brochure. The 5km Walk will follow a part of the same course.

Date & Time: Sunday, May 30, 2010 at 7:30 am

Start & Finish: The Run and Walk will start and finish at the parking lot south of Home Depot, at The Village at Park Royal, West Vancouver.

Parking: Free parking will be available during the event, in the area east of the Village, and at Ambleside Park.

Breakfast: A runner's breakfast will be waiting for you at the finish line.

Entry Fees: See registration and entry form

Run Gear: No special equipment is necessary. There are no hills. Surface is 95% asphalt, 5% firm gravel.

Prizes: Great draw prizes will be available. Names of the winners will be announced at the Awards ceremony.

Awards: Awards will be presented from 8:45 am onwards.

Run Results: The Rotary 10km Run is sanctioned, measured and certified by B.C. Amateur Athletics Association. The Rotary 5km Walk is an informal, untimed event.

***** Team Challenge Relay *****

see registration on website at www.seawalkrun.com

REGISTRATION INFORMATION

You may register using any of the following convenient methods:

Online: Go to www.seawalkrun.com for secure online registration. Please note that online registration will be available only until Midnight, Thursday, May 28. Thereafter, registration can be by fax, or in person at Package Pickup.

Fax: 604-922-8829

Mail: Rotary Club of West Vancouver
P.O. Box 91341
West Vancouver, BC
V7V 3N9

PLEASE NOTE: **No registration** on Run day, Sunday, May 30

All cheques payable to the
ROTARY CLUB OF WEST VANCOUVER

PACKAGE PICKUP

WHOLE FOODS

The Village at Park Royal
925 Main St., West Vancouver, British Columbia V7T 2Z3
During the following times: Friday, May 28 - 3 pm - 6 pm

RUNNING ROOM

Westview Shopping Centre
754-2601 Westview Drive, North Vancouver, BC V7N 3X4
During the following times: Saturday, May 29 - 11 - 5:30 pm

PLEASE NOTE: No package pick-up on Run day.

RUN GARMENT 2010

As part of the registration fee, all participants will be provided with an original design cotton T-shirt.

ENTRY FORM

SELECT EVENT 10KM RUN 5KM WALK

First Name _____

Last Name _____

Birthdate _____ Age on Run Day _____

Phone No. _____

Street Address _____

City _____ Prov. _____ Postal Code _____

email: _____

GARMENT SIZE (unisex)

T-SHIRTS S M L X-L

RACE CATEGORY

Male Female

AGE ON RUN DAY

14&under 15-19 19-39 40-59 60+

ENTRY FEE

Adult \$37.00
Youth (18 & under on Run day) \$25.00
BC Athletics members, deduct \$3.00

PAYMENT (register on line or fill out)

MC VISA Amount \$ _____

Card # _____ Expiry Date _____

Name on card: _____ Phone: _____

Signature: _____

Release and Indemnity: (must be signed)

I know that running/walking a road race is a potentially hazardous activity. I should not enter and run/walk unless I am medically able and properly trained. I assume any and all other risks associated with running/walking the event including, but not limited to, falls, contact with other participants, the effects of the weather including high heat and/or humidity, the conditions of the roads, all such risks being known and appreciated by me. Knowing these facts, in consideration of the Rotary 10km Seawalk Run event sponsors volunteers and organizers accepting this entry, I hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages sustained by me as a result of this run/walk event, for any cause whatsoever, including negligence. It is expressly understood by the undersigned that this run/walk event is entered into at the sole risk of the undersigned and that the organizers and sponsors of the run are exempt from liability for any and all damages sustained and any and all injury & loss; including personal and property loss arising from any cause whatsoever, including negligence. I hereby acknowledge having read this Release and Waiver and I understand and accept its terms. I hereby authorize the Rotary 10km Seawalk Run to debit my above credit card account for the amount stated on this form.

Signature: (signature of parent/guardian if entrant under 19)

Date: _____