



## Register

### By Mail:

Peninsula Runners Langley  
#1-20349 88<sup>th</sup> Ave.  
Langley, B.C. V1M 2K5

### By Fax:

604-888-0883

### In Person (by July 12):

Peninsula Runners Langley  
Peninsula Runners White Rock  
Peninsula Runners Victoria

### Late (July 13-18):

At Langley location only. NO DAY OF RACE ENTRY!

### Package Pick-Up

At Peninsula Runners Langley  
Friday July 17<sup>th</sup> 10 till 7  
Saturday July 18<sup>th</sup> 10 till 6  
At Race Start Area  
Race day 6:15 till 6:45

### Awards

After the race stick around for a drink and refreshments, the awards ceremony starts at 9:30. Prizes for age groups winners in the following categories for the half marathon: U19, 20-39, 40-49, 50-59, 60-69, & 70+  
In the 5 km only the overall man & woman will get a prize.

All participants in both races will receive a finishers cotton t-shirt to prove you conquered the route.

## Please Print Clearly

Last Name \_\_\_\_\_  
First Name \_\_\_\_\_ M/F \_\_\_\_  
Birthdate \_\_\_\_\_  
Age on Race Day \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ Prov. \_\_\_\_\_  
Phone # \_\_\_\_\_  
Email \_\_\_\_\_

½ Entry Fees (shirt included)

By July 13<sup>th</sup> \$40 \_\_\_\_\_

After July 13<sup>th</sup> \$50 \_\_\_\_\_

Non BC Athletics Members

Add \$3 \_\_\_\_\_

Total: \_\_\_\_\_

5 km Entry Fees (shirt included)

By July 13<sup>th</sup> \$20 \_\_\_\_\_

After July 13<sup>th</sup> \$30 \_\_\_\_\_

Non BC Athletics Members

Add \$3 \_\_\_\_\_

Total: \_\_\_\_\_

Shirt size S, M, L, XL

(Shirt size not guaranteed after July 12<sup>th</sup>)

Athletes Release and Waiver  
(MUST BE SIGNED)

In consideration of you permitting me to participate in this event, I hereby, for myself, executors, administrators and personal representatives, release the organizers of this event, their agents and volunteers and the event sponsors from all liability, and I waive, as against the organizers, agents, volunteers and sponsors, all claims of any kind whatsoever that I might have for personal injuries or property losses suffered by participation in this event.  
(Parent or legal guardian must sign also  
If participant is under 19 years age)

Date \_\_\_\_\_

**Welcome** to the sixth annual PR Fort Langley Half & 5 Km, presented by New Balance and Peninsula Runners. We have designed this race course to be the most scenic half marathon in the country! The race course starts and finishes at the Fort in Fort Langley. After a short tour through the historic town site, it heads out into the surrounding countryside and rolling hills. Part of the route traces the historic Hudson's Bay Co. "Telegraph Trail". You will also pass Western Canada's 2<sup>nd</sup> largest Horse Park, Thunderbird Show Park, as well as the Driediger Farms Strawberry Fields. After running on the quiet rural roads you will return to the finish line at the Orchard Lawn outside the walls of the Historic Fort. The 5 km route will be through the quiet streets of Fort Langley with some gentle up & downs.