

CHARITY PARTNER

Juvenile Diabetes Research Foundation is the largest non profit funder of diabetes research in the world (over \$1 billion since its inception). JDRF's mission is clear - to find a cure for Type 1 diabetes and its complications through the support of research.

How to Register

Online: (until midnight Wed. June 12th) by credit card at www.thunderbirdstrack.org

By Mail: Send completed entry form and payment (cheque or money order only) to North Shore Credit Union 2013 Longest Day Road Race, 6449 Yew St., Vancouver, BC V6M 3Z3

In Person: At any Running Room location before close of business Tuesday June 11th and at the Alma store only on the 12th and 13th of June.

PLEASE NOTE THAT REGISTRATION FOR 5K & 10K WILL BE LIMITED TO THE FIRST 1500 ENTRANTS. LAST YEARS RACE SOLD OUT BEFORE RACE DAY. PLEASE REGISTER EARLY!

Run Week Registration & Package Pickup

Thursday June 13: 4 to 8pm at the Alma Running Room: 2083 Alma St., Vancouver BC

Day of Race at UBC Thunderbird Stadium: From 5 pm onwards. Registration for the Kid's Mile and 5K is from 5-6pm and for the 10K from 5-6:30pm. There will be no timing for the Kid's Mile.

If you register after 6pm for the 5k and 6:30pm for the 10K, you are not guaranteed a finish time.



5k is Race #13 in the Timex Road Race Series



Part of the 2013 Sun Run Series



5k is Race #7 in the Lower Mainland Race Series



INFO:

604-266-8879

longestday@thunderbirdstrack.org
www.thunderbirdstrack.org

THANK-YOU
to our Title Sponsor



to our Presenting Sponsor



& to our Donor Sponsors



www.thunderbirdstrack.org/longest-day-race/

Thunderbird Stadium
UBC Campus, Vancouver, BC

Friday, June 14, 2013
5K - 6:45pm / 10K - 7:05pm



Presented by: Running Room

LAST YEAR'S RACE SOLD OUT BEFORE RACE DAY. PLEASE REGISTER EARLY!
Proceeds of this event support the Juvenile Diabetes Research Foundation and Vancouver Thunderbirds Junior Development Track Program

Great Draw Prizes!

NEW! Only entries received by midnight Wednesday June 12, 2013 will be eligible for draw prizes.

For each \$50 JDRF Donation: Entry to win a Grand Prize for 2 valued at over \$2000, that includes round trip to Tofino on our official airline Orca Airlines and 2 nights accommodation, 1 dinner, breakfast daily and surf lessons at the fabulous Long Beach Lodge Resort



\$20 JDRF Donation: 1 chance to win a \$200 gift certificate to



All Participants are eligible to win a Cariboo getaway with weekend car rental from Enterprise and 2 nights accommodation plus daily breakfast for 2 at the Hills Health Ranch.



Over 70 other great draw prizes in total!!



Date & Time

Friday, June 14, 2013

Kids Mile at 6:30pm; **5K** at 6:45pm; **10K** at 7:05pm

Location

Thunderbird Stadium, Stadium Road,
UBC Campus, Vancouver, BC

Parking

Parking is available along the northbound side of East Mall, the FP Innovations parking lot just north of Stadium Way on East Mall, and the parking structure at Westbrook and Thunderbird.

Course Description

Both 5k and 10k races start at the intersection of Stadium Way and East Mall, and finish on the field inside of Thunderbird Stadium. 5K runners complete one lap around UBC Campus and 10k runners complete 2 laps. Kid's Mile begins at the same start and runs on the first kilometer of the adult course. See website for route map.

Timing

Chip Timing will be in effect, provided by Startline Timing.

"No chip – no time!"

Your timing chip will be attached to your number.



← 2013 TECH SHIRT DESIGN

Visit www.thunderbirdstrack.org/events/longest_day/longestday.php for info on this years race shirt colour and design

Bag Check

Complimentary bag check will be provided after 5:30pm.

Water Stations

Available at the start, 2k, 4k, 7k, 9k and finish.

Results

Available immediately following race and on race website within 24 hours.

Post Race Party

The post race party on the field inside Thunderbird Stadium will include music, hot dogs, veggie burgers, hamburgers, fruit, veggies, yogurt, fruit juice, coffee, cookies and other dessert items. Adult refreshments can also be purchased. Please bring your ID. Barbeque supplied by:



Awards

Over \$4000 in cash, gift cards and merchandise provided by:



Please see race website for details:

www.thunderbirdstrack.org/longest-day-race/ All awards based on "gun results" not chip time. All entrants are eligible to win one or more of the numerous draw prizes. You must be present to win all prizes except the Orca Airways/Long Beach Lodge Resort prize package and the \$200 Le Crocodile gift certificate.

ENTRY FORM

Official use
Bib #

Event entered: 5k 10k Kid's Mile

First Name _____

Last Name _____

Male Female Birthdate _____
MONTH DAY YEAR

Age on June 14/2013 _____

Address _____

City _____

Prov. _____ Postal Code _____

Phone _____

E-mail _____

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, B.C. Athletics, volunteers and the event sponsors from all liability, and I waive, as against the organizers, agents, B.C. Athletics, volunteers and event sponsors, all claims of any kind whatsoever I may have for personal injuries or property losses suffered by participation in this event. I certify that I have full knowledge of the risks involved in this event and I am physically fit and able to participate, and that unless indicated to the contrary by the signature of parent/guardian below, I am 19 years or older.

Signature _____ Date _____

Entry fees are non-refundable and non-transferable

ENTRY FEES (✓)

	16 & OVER	UNDER 16	KIDS MILE
Early Bird (by May 14)	<input type="checkbox"/> \$30	<input type="checkbox"/> \$25	<input type="checkbox"/> \$15
Late (after May 14)	<input type="checkbox"/> \$35	<input type="checkbox"/> \$30	<input type="checkbox"/> \$20
Day of event (June 14)	<input type="checkbox"/> \$45	<input type="checkbox"/> \$40	<input type="checkbox"/> \$35

includes HST

BC Athletics member # _____ \$3 discount

Tech Shirt \$22 includes HST

MENS/UNISEX: XS S M L XL XXL

WOMENS: S M L XL XXL

New! Shirts must be ordered by Early Bird deadline May 14. Extra shirts may be available for purchase at package pickup June 13 and 14 (cash only)

Donation to

Juvenile Diabetes Research Foundation \$ _____

Minimum **\$20** donation will receive a tax receipt and entry to a draw for a **\$200 gift certificate** for dinner at **Le Crocodile**

For each **\$50** donation you will receive one entry for the **Orca Airways/Long Beach Lodge Resort** prize package (winner need not be present to win the Orca Airways/ Long Beach Lodge Resort package and Le Crocodile gift certificate)

Cheques payable to: **Vancouver Thunderbirds Track and Field Club**

TOTAL \$

Mail Cheques to: 6449 Yew St., Vancouver B.C. V6M 3Z3
or drop off at any Running Room.