



Fraser Valley XC Ramble

Sunday, November 22nd, 11 AM SHARP!

Starts and finishes at the Aldergrove Bowl in Aldergrove Lake Park (off of Lefeuve Rd (280th Street) south of 8th Avenue. This is the 7th race of the 2009 Lower Mainland Cross Country series. The race is run on a spike friendly 1.9K loop (2 laps (3.9K) for Jr/Juv and 4 laps (7.7K) for open/masters).

For more information call 531.7879 or visit www.peninsularunners.com



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We encourage participants to bring a non perishable food item that will be donated to the Surrey Food bank to help them with their Christmas drive.

Entry Form

Last Name: _____

First Name: _____

Sex (M / F) Age on Nov 22nd: _____

D.O.B(MM/DD/YY): ____/____/____

Address: _____

City: _____ Province: _____

Phone #: (____) ____-_____

Email: _____

Entry Fee: \$10.00 _____

Non-BC Athletics Members ADD \$3 _____

2009 BC Athletics Number _____

Athletes Release and Waiver (M U S T B E S I G N E D)

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.

Signature(parent or legal guardian if under 19)

Date: _____

Directions: Coming from Highway 1 get off at exit 73 (264th Street or Highway 13). Go south on Highway 13 for almost 10K. Turn left at 8th Ave and go 3.2K east until Lefeuve Rd. Now turn right and go south for 500 meters. The entrance to Aldergrove Bowl is on your right hand side. Proceed to the second parking lot.

Coming from South Surrey go east on 22nd Avenue for about 17K all the way to 264th Street (Highway 13). Turn left and follow directions as above.

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