



Register

By Mail:

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

By Fax:

604-888-0883

Online: till July 17 at

www.peninsularunners.com

In Person (by July 17):

Peninsula Runners Langley
Peninsula Runners White Rock
Peninsula Runners Abbotsford

Late (July 18-23):

At Langley location only. NO DAY OF
RACE ENTRY!

Package Pick-Up

At Peninsula Runners Langley
Friday July 22nd 10 till 6
Saturday July 23rd 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.

Welcome to the Eighth annual
PR Fort Langley Half & 5 Km,
presented by New Balance and
Peninsula Runners. We have
designed the course to be the most
scenic half marathon in the
country! The course starts and
finishes at the historic Fort in Fort
Langley, does a short tour through
the town site before heading 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 2nd
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 Old Apple Orchard by
the historic Fort. The 5 km route
will be through the quiet streets of
historic Fort Langley with some
gentle up & downs.

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 17th \$40 _____

After July 17th \$50 _____

Non BC Athletics Members

Add \$3 _____

Total: _____

5 km Entry Fees (shirt included)

By July 17th \$20 _____

After July 17th \$30 _____

Non BC Athletics Members

Add \$3 _____

Total: _____

Shirt size S, M, L, XL

(shirt size not guaranteed after July 17th)

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 _____