



Oceanside Mother's Day 10k Run and 5k Run/Walk

Sunday May 14, 2017 10:00am

Parksville Curling Club

Register online at <https://raceroster.com/8713>

The Oceanside Running Club Association (ORCA) proudly presents its favourite 10k race with the return of the 5k walk/run. The 10k goes through scenic Rath Trevor Beach Provincial Park and is a BC Athletics certified course BC-2014-034-BDC, making it attractive for competitors seeking a personal best time or 10k certification. All competitive and recreational runners are welcome. The 5k course is for runners and walkers and loops through the Englishman River Estuary. This short course is suitable for those pushing strollers or baby joggers. Both courses feature scenic vistas on road and trail surface.

Donate to our Charity, The Parksville Haven Society during the registration process.

Volunteers: sign up for free using the registration process and be eligible to win draw prizes on race day.

The race start is on Pioneer Crescent, a short walk up the hill from the Parksville Curling Club.

Package pick up and race day registration is at the Parksville Curling Club between 8:00 – 9:30am.

There will be traffic on both the 10k and 5k course. Obey the marshals and traffic controllers. They are there for your safety.

Both courses close at 11:30am. Marshals and water stations will not be available after 11:30am

FOR SAFETY AND LIABILITY INSURANCE REASONS The following are not allowed on the course: dogs, roller blades, bikes, skateboards, ear buds or earphones. This rule will be strictly enforced.

Strollers and baby joggers are only allowed on the 5k course and must start at the back of the pack.

Stay and enjoy great post-race refreshments and a chance to win draw prizes including the grand prize draw at the end.

Awards will be presented at approximately 12:00pm. Awards presented in 5 year age categories for the 10k and to the first three to cross the 5k finish line. Many draw prizes to be given away to those who are present during the awards presentation.

Washroom facilities are available at the Curling Club and in the Community Park. There are no washrooms at the start line.

Free parking is available within the park.

For more information contact Donna de Bellefeuille 250-757-9436 donna.db@shaw.ca

IMPORTANT NOTE : Due to construction, the 10k route has to be altered and will not be a certified course for 2017.



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\$25 January 25 to March 22. \$30 March 23 to May 11. RACE DAY: \$40 (Cash or Cheque only)

Entry fee is non-refundable and non-transferrable

MAIL ENTRIES MUST BE RECEIVED BY MAY 11, 2017 Make cheques payable to TEAM ORCA and mail to:
Donna de Bellefeuille, 2-5300 Gainsberg Rd, Bowser, BC, V0R 1G0

Name: _____
FIRST NAME LAST NAME

Address: _____ City: _____ Province: _____ Postal Code: _____

DOB: _____ Male Female Age on Race Day _____
MONTH / DAY / YEAR

Email: _____ Phone: _____

10k Runners only 5k For Runners, Walkers, strollers Volunteer

Donation to Haven Society _____ **Total Enclosed: Entry fee + Donation** _____

Waiver: In consideration of your accepting this entry, I hereby, for myself, executors, administrators and personal representatives, waive and release the organizers of this event, their agents, volunteers and the event sponsors from all liability, and I waive, against the organizers, agents, volunteers and sponsors, all claims of any kind whatsoever that I might have for all injuries and/or losses suffered by participation in this event. I hereby acknowledge having read this Release and Waiver and understand and accept its terms. I further agree to the terms and conditions of this Release and Waiver on behalf of my minor, if applicable.

Signature _____ (Parent/Guardian if under 19) Date _____