### A BIG THANK YOU TO OUR RACE SPONSORS!













# **Course Map**

The 10K course starts on the west side of the Okanagan River channel near the bridge. It will head south on the pathway, past two Drop Structure bridges and the Thorpe Road crossing, until the turn around. Runners will double back on the course until they reach the first Drop Structure where they will cross the channel and follow the path to the Finish in the Community Centre Field.



### Race Route Information for the 3K:

The 3K course will be located in the Community Center Field, and will consist of roughly 3 laps around the park (1K in each lap).

# IRA Race Series ROAD RACE #3





The Oliver 10K & 3K Sunday April 16, 2023 3K 9:15AM 10K 10:00AM

**Presented By:** 





www.interiorrunningassociation.com www.oliverrecreation.ca

## **Course Information**

This race is a flat, scenic 10K loop along the Oliver Hike and Bike Trail, finishing in the Oliver Community Park. There are two aid stations on the course and medical support on site. A great race for runners of all abilities and experience.

To kick start the morning, a 3K race around Oliver Community Park will be offered. Perfect for young athletes, or those competing in their first running event.

All athletes are invited to stay after the race for refreshments, draw prizes, and awards. A bottle of Jackson Trigg's wine will be awarded to the top three finishers in each age category over 19yrs.

# JACKSON - TRIGGS

For more information please contact: Oliver Parks and Recreation Race Director: Jan Black Email: Jan@oliverrecreation.ca Phone: 250-498-4985 ex 204



# Registration

#### **Register In Person:**

Oliver Community Centre Office 6359 Park Drive, Oliver 8:30AM - 4:30PM Monday to Friday

#### **Register Online:**

www.raceroster.com

#### RACE ROSTER

(no additional cost)

#### Race Package Pick-Up Oliver Community Park 6359 Park Drive, Oliver Sunday April 16th 8:30-9:30AM

#### NO DAY OF RACE REGISTRATION

This event is organized by Oliver Parks & Recreation and proudly supported by volunteers and local businesses



# **Entry Form**

NAME	
First	
Last	
Gender (Circle) M F	
Birthdate Y (E.g. 1973 09 17)	
Age (as of Dec. 31/2023)	
BC Athletics #	
Address	
City/Province	
Postal Code	
Phone Number	
Email address	

# Fees (Sorry no refunds) 10K 3K Under 19 years \$30 \$18 19 years & up \$35 \$25 BC Athletics Member deduct: -\$3 -\$3

#### Amount Enclosed: \$

(Cheques payable to: Oliver Parks and Recreation) Entries may be mailed to: Oliver Parks & Recreation. Box 627 6359 Park Drive, Oliver, BC, V0H1T0

#### WAIVER

In consideration of accepting this entry, I hereby for myself; my heirs, executors and administrators, WAIVE AND RELEASE any and all rights and claim for damages of any sort that I may have against the organizers of the Oliver 10K/3K(the "Race"), their agents, representatives, sponsors, successors and assigns for any and all injuries suffered by me at the Race, or damages sustained by me as a result of the Race, for any cause whatsoever, including negligence. I understand that I enter this Race at my sole risk and that all organizers of the Race are exempted from liability for any and all damages sustained and any and all injury and loss, including personal property loss arising from any cause whatsoever, including negligence. I further hereby grant full permission to the race organizers, and the Interior Running Association, to use my name, gender, age, home town, and race results from this event in any publicity related to this event, including posting of the race results to the IRA and related running club websites.

Signature of Competitor: Signature of Parent or Guardian if under 19 yrs.