

Pride Run & Walk

Saturday, June 13, 2009

Race Start: 9:00 A.M.

Lumberman's Arch, Stanley Park

Run: 10K; Social Walk: 4K



- Scenic run/walk on Stanley Park paths and the seawall
- Fabulous door prizes – all entrants and volunteers are eligible to win!
- Awards for top three male and female 10K run finishers
- Event is limited to a maximum of 80 entries
- All donations plus the net proceeds from registration fees, will go to the **Dr. Peter Centre**

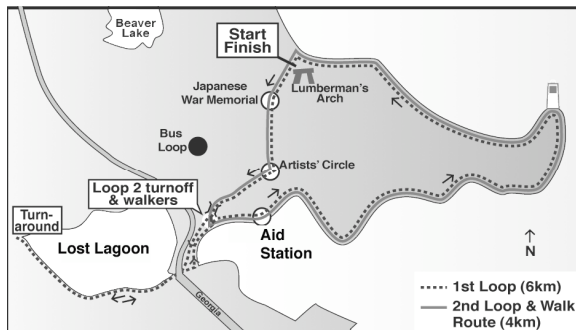
www.vancouverfrontrunners.org

For more information on the Pride Run and Walk, or to volunteer, email vanfrontrunners@gmail.com

Course Description: The run and walk both start and finish at Lumberman's Arch, in Vancouver's beautiful Stanley Park.

The run consists of two loops: a 6 km loop followed by a 4K loop; the walk is the same as the 4 km run loop. Both loops head south from Lumberman's Arch, passing on the west side of the Aquarium to reach the pedestrian bridge over Park Drive. Loop 1 then heads south to the Georgia Street pedestrian underpass, goes out and back along the south side of Lost Lagoon, and returns to the seawall via the Georgia Street underpass. Loop 2 (and the walk route) turns east onto the seawall immediately after the pedestrian bridge over Park Drive. Both loops return to Lumberman's Arch via the seawall (going past the Yacht Club and the Lighthouse).

Access: Pay parking is available close to Lumberman's Arch, on the road leading north from Vancouver Aquarium. *By public transit:* Access to Lumberman's Arch is an easy jog or walk from the Stanley Park (Upper Zoo) bus loop. See www.translink.bc.ca for bus times.



Saturday, June 13, 2009, Race Start: 9.00 A.M.
Check in: 7.30 - 8.30 A.M. (no pre-race package pick-up)

Online Registration \$30

You can register online before June 13 through www.vancouverfrontrunners.org

Day-of-race Entry Form

VANCOUVER FRONT RUNNERS
Pride Run & Walk
Saturday, June 13, 2009

Name _____

Address _____

Phone _____

Email _____

I prefer not to receive occasional mailings from The Dr. Peter Centre

Please indicate: Male Female

10K Run 4K Walk Age on race day _____

Registration fees

Day-of-race (if space is available) **\$35**

Donation (tax receipts will be issued for donations of \$20 or more) **\$**

Total

Make cheques payable to "Vancouver Front Runners"

PLEASE NOTE: Entry fees are non-refundable and non-transferable under any circumstances.

WAIVER OF LIABILITY: I recognize and understand the risks associated with participating in a run or walking race up to 10 km in length. I hereby affirm that I have trained for and am physically capable of completing the Vancouver Front Runners (VFR) Pride Run and Walk. I agree to comply with the rules, regulations and instructions of the VFR Pride Run and Walk, and in consideration of acceptance of this entry by the VFR, I, for myself and anyone entitled to act on my behalf, waive and release any and all claims for injuries or damages I have against the VFR, its directors and members, any and all municipalities associated with the event, the province of British Columbia, race volunteers, sponsors and/or their agents and representatives, caused by the negligence of any of them arising out of my participation in this event, including pre and post race events. (All photographs, video or any images taken by the representatives of VFR are the property of the VFR and may be used without the permission of the photographed person.)

Signature of athlete or parent/legal guardian

Date

Privacy Statement: The organizers of this event respect your privacy and are committed to protecting it. We will not sell or share any information provided by you resulting from your participation in the VFR Pride Run and Walk. If you have provided your e-mail address you may receive occasional communications from the VFR Pride Run and Walk organizers with reference to future events. To opt out of receiving this information in the future, you can send an e-mail to the web contact listed on the VFR website at www.vancouverfrontrunners.org.

In support of



About the Beneficiary

Located in downtown Vancouver, the **Dr. Peter Centre** cares for people living with HIV/AIDS and operates a day health program and a 24-hour residence with palliative care and respite care services in Vancouver. As the only program of its kind in Canada, it is recognized as a leader in HIV/AIDS care, particularly for individuals with the added issues of long-standing addictions, mental illness, and other life disadvantages. The Centre has developed a highly regarded model of care for people living with HIV/AIDS, particularly for vulnerable populations. Both the day health program and the 24-hour care residence are effective in improving the health of individuals and in reducing their utilization of acute hospital beds. For more info: www.drpeter.org or call 604.608.1874.

In hosting the Annual Pride Run and Walk, Vancouver Front Runners appreciates the support of Team Vancouver and Vancouver Pride Society



About VANCOUVER FRONT RUNNERS

Vancouver Front Runners provides a safe and comfortable environment for gay men, lesbians and friends to enjoy running and camaraderie. We also support an environment that challenges frontrunners to achieve their running goals and exceed their personal bests. Our regular meeting times for runs are as follows:

- Wednesdays 6:30 P.M., Roundhouse, Davie and Pacific.
- Saturdays 9:00 A.M., Brockton Oval, Stanley Park.

New runners are always welcome; please feel free to drop in! For more information visit our website:

www.vancouverfrontrunners.org

We gratefully acknowledge support from our corporate sponsors

Saturday, June 13, 2009

Fifth Annual

**VANCOUVER FRONT RUNNERS
Pride Run & Walk**



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The Dr. Peter Centre

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Stanley Park**

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