



The Great Cowichan Caper Fun Run

Fun Run Registration Form, Sunday June 6. Cowichan Sportsplex.

Join the fun with a family-oriented 5 or 8 km off-road run as part of Cowichan Seniors Community Foundation's "The Great Cowichan Caper" fundraising initiative.

Entrants Must Sign Waiver (at the bottom)

First Name: _____ Surname: _____

Address: _____

Telephone: _____ Email: _____

Club/Organization (if applicable): _____

Registration Fee: \$25 which includes a souvenir and meal and beverage ticket. Registration deadline: May 15, 2010. Send in by mail: Cowichan Seniors Community Foundation, 135 Third St. Duncan, B.C. V9L 1R9. Call (250) 715-6481 or visit www.cowichanseniors.ca for more info.

Start time: Marshalling 12 noon – 12:45 pm. Run starts at 1 pm

Fundraising Target: \$20,000 (Seniors Community Award). Also make sure to check out all the other exciting events including live entertainment, seniors' games, a car scavenger hunt, expo, beer garden and BBQ—all from 12 to 7 p.m. under the big tent in the infield Sportsplex track. More entertainment and dancing from 5 to 7 p.m. * No dogs allowed as per Cowichan Sportsplex rules and regulations.

Waiver

In consideration of your accepting this entry, I hereby for myself, my heirs, executors and administrators waive and release the organizers of this event and its sponsors from any and all rights of claims and damages I may have against them, their representatives, successors and assigns, for any and all illness, injuries and/or losses I may sustain as a result of my participation in this event. I hereby acknowledge having read this Release and Waiver, and understand and accept its terms.

Signed _____ Dated _____



Car Scavenger Hunt

“How Well Do you Know your Valley?” Sunday, June 6. Cowichan Sportsplex.

Find out how well you know the Cowichan Valley by registering for this exciting car scavenger hunt as part of Cowichan Seniors Community Foundation’s Cowichan Caper fundraiser.

Entrants Must Sign Waiver (at the bottom)

First Name: _____ **Surname:** _____

Address: _____

Telephone: _____ **Email:** _____

Business/Organization/Corporation: (if applicable) _____

Registration Fee: \$100 per car, with teams of up to four people (no more than four people).

Registration deadline: May 15, 2010. Register by mail: Cowichan Seniors Community Foundation, 135 Third St. Duncan, B.C. V9L 1R9. Call (250) 715–6481 or visit www.cowichanseniors.ca for more info.

Start time: Marshal at 12:30 - 1:15 pm. Start time 1:30 pm

Fundraising Target: \$20,000 (Seniors Community Award). Also make sure to check out all the other exciting events including live entertainment, seniors’ games, a fun run, expo, beer garden and BBQ—all from 12 to 7 p.m. under the big tent in the infield Sportsplex track. More entertainment and dancing from 5 to 7 p.m.

Waiver

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Signed _____ **Dated** _____



Seniors Sports Day

Seniors Sports Day Registration Form, Sunday June 6. Cowichan Sportsplex

Join the fun with Relay Races, Olympic Torch relay (Scooters, assists okay), Egg & Spoon Race, Steeplechase game and other fun activities as part of Cowichan Seniors Community Foundation's "The Great Cowichan Caper" fundraising initiative.

Entrants Must Sign Waiver (at the bottom)

First Name: _____ Surname: _____

Address: _____

Telephone: _____ Email: _____

Club/Organization (if applicable): _____

Registration Fee: No charge, however, registration is required. **MUST HAVE A BUDDY REGISTERED TO ASSIST YOU ON THE DAY. Liability waiver required.** Deadline: May 15, 2010. Send in by mail: Cowichan Seniors Community Foundation, 135 Third St. Duncan, B.C. V9L 1R9. Call (250) 715-6481 or visit www.cowichanseniors.ca for more info.

Track and In-field area – 12:00pm – 3:00 pm

Fundraising Target: \$20,000 (Seniors Community Award). Also make sure to check out all the other exciting events including live entertainment, seniors' games, a car scavenger hunt, expo, beer garden and BBQ—all from 12:00pm to 7:00 p.m. under the big tent in the infield Sportsplex track. More entertainment and dancing from 5 to 7 p.m.

* No dogs allowed as per Cowichan Sportsplex rules and regulations.

Waiver

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Signed _____ Dated _____