



The 10th Annual Vancouver International Racewalk

All Events held on Sunday morning, **May 2nd, 2010**

<i>EVENT</i>	<i>DIVISIONS</i>	<i>TIME</i>
10k, 5k	Open, Masters, Novice(advisory judged)	10:00 am
5k	Junior, Youth	10:00 am

Late registration and packet pick up 9:00 to 9:30 am—1/2 hour prior to event

All walks events will be judged according to IAAF rules for racewalking. Novice walkers in the 5k event will be judged on an advisory basis only.

This event is sanctioned by BC Athletics.

Course Location	Water Stations and First Aid	Results and Awards
The course is a closed loop situated on the Coal Harbour Seawall. Start/Finish is located in front of the Coal Harbour Community Centre.	A water station will be provided on the course approximately near halfway. First aid will be available on site.	Race results will be available at the awards banquet. All participants will receive some form of acknowledgement of participation.
Change Facilities/Washrooms	Post Race Refreshments	Awards Luncheon
Toilet facilities are available on the course. Showers and change rooms are available at the community centre after the race.	Fruit, assorted goodies, water, coffee and tea will be available to all participants after the race.	Features a hearty meal, good company, lots of medals, rousing speeches and plenty of nifty draw prizes. Awards will be presented to all walkers present.
All Walkers Welcome	Luncheon Times	
This event is open to all walkers over the age of 6. However, the nature of this event does not allow wheels or dogs on the course during the races.	Awards Luncheon – May 6 th – Immediately following finish of races. Mongoli Grill, Denman St. about 4 blocks from the race site.	

Registration

		Race Number: _____	
			We fill in this part
Last Name: _____	Birth Date: <u>DD</u> / <u>MM</u> / <u>YY</u>		Race Fee: _____
First Name: _____	Race Day Age: _____	Youth/Junior \$20	_____
Address: _____	Sex: _____	All Others \$30	_____
City: _____	Division _____	Extra Lunch \$10	_____
Prov/State: _____	BC Athletics #: _____	Total Fees:	_____
Post/Zip: _____	(or equivalent) _____		
E-mail: _____			

Send Registration to: Racewalk West, 3581 Hull St., Vancouver BC V5N 4R8 or e-mail: racewalk@shaw.ca or Fax: 604 874-1006.