

Mother's Day

French Dressing Jeanswear Women's 8K

Do it for Mom!

Raising funds for Breast Cancer Research at the BC Cancer Agency



Women's 8K

Run or walk for all fitness levels

4K Walk open to both men and women

Join us!

Mother's Day

Sunday, May 11  
8:30 - 11:00 am

Do it for Mom!

604-736-6107

www.bccancerfoundation.com



### The Event

**8K RUN/WALK:** French Dressing Jeanswear Women's 8K celebrates the strengths of women. We invite women of all fitness levels to challenge themselves to meet their personal goals. You can race, run, jog, walk or stroll the 8K course which starts and finishes at Nat Bailey Stadium.

**4K WALK:** Open to both men and women. The 4K Walk, which also starts at Nat Bailey, was added to allow husbands, fathers, sons and friends to participate, raise pledge money and show their support. The 4K route follows its own course. Please note, the 4K is not timed. No results will be posted.

No matter what distance you choose, you will be treated to luxury from start to finish. Effective Event Management guarantees meticulous attention to detail and thorough organization all the way. After the run/walk, you will be treated to sparkling wine and orange juice, food, entertainment, fabulous draw prizes, and a special gift for Mom.

### Course Info

Race morning starts off at Nat Bailey Stadium, and follows a well marked 8 km route through Queen Elizabeth Park and residential streets. Marshals will be positioned along the course to cheer you on all the way to the finish line. The course is primarily flat with some uphill grades. There is a free parking lot at Nat Bailey Stadium on Clancy Loranger Way off Midlothian Ave. Arrive early for parking. Post-race festivities will be held at Nat Bailey. The 4K Walk also starts from Nat Bailey. A course map is available at [www.bccancerfoundation.com](http://www.bccancerfoundation.com).

### The Cause: Breast Cancer Research



**BC Cancer Foundation**  
Supporting research & care at BC Cancer Agency

French Dressing Jeanswear Women's 8K supports the BC Cancer Agency's world-leading breast cancer research programs. The BC Cancer Agency is responsible for cancer care and breakthrough research for everyone in BC. The five-year survival rate for breast cancer is now 86% - help us achieve 100%.



### Results and Photos

Results for French Dressing Jeanswear Women's 8K can be viewed at [www.raceheadquarters.com](http://www.raceheadquarters.com). The 4K will not be timed. Photos can be viewed at [www.fleetfeetphotos.com](http://www.fleetfeetphotos.com).

### The Creekhouse Gallery Awards

Signed and numbered limited edition prints will be given to the top 4 finishers in each run age category and group division. French Dressing Jeanswear Women's 8K is honoured to welcome Creekhouse Gallery as the official runners prize sponsor.



### Run Age Categories (8K only)

19 & under	30 - 34	45 - 49	60 - 64
20 - 24	35 - 39	50 - 54	65 - 69
25 - 29	40 - 44	55 - 59	70+

### Run Group Divisions

Mother/Daughter Division

Mom'n Baby Stroller Division

Team Division

*Teams can be made up of 5 or more members with the top three times used for the overall team scoring.*

*Team packages will be available at the Team table at Race Package Pick-up.*

### Walk Division

All walkers' names will be entered to win separate draw prizes for participation.

### Collect Pledges

**SUPPORT BREAST CANCER RESEARCH**

Help women with breast cancer live longer. The funds you collect will go directly to breast cancer research at the BC Cancer Agency. This year offers an even better incentive prize program. Last year over \$89,000 was raised in honour of Daisy Dusingh, a former 8K participant, who lost her battle with breast cancer at the age of 28. Help us set a new record to help women like Daisy! The Daisy's Hope Memorial trophy recognizes the team who raises the most money.

### Free Technical Shirt

**NEW THIS YEAR:** You will receive a Bone-Dri Advantage technical running shirt made with Polartec fabric included in your race package at registration. **Retail value: \$45!**



**BC Cancer Foundation**  
Supporting research & care at BC Cancer Agency

EVENT PROCEEDS GO TO BREAST CANCER RESEARCH

## How to Register

**BY MAIL:** Detach the entry form and mail it with a cheque made payable to

### BC CANCER FOUNDATION

c/o Effective Event Management Ltd.  
720-999 West Broadway, Vancouver, BC, V5Z 1K5

**ON LINE:** Register on-line at [www.bccancerfoundation.com](http://www.bccancerfoundation.com)

**IN PERSON:** (By May 2nd) Register in person at any participating London Drugs in the lower mainland.



## Pledge Incentive Programs FOR PLEDGE COLLECTORS

**ENTRY FEE REFUND:** If you collect \$100 or more in pledge money, Aventis Pharma, AstraZeneca, Nicorette and Nicoderm will refund the \$30 regular entry fee when you hand in your pledge money to the BC Cancer Foundation!

**DELUXE PRIZE DRAW:** For every \$250 you collect, your name will be entered to win one of the following fabulous deluxe draw prizes:



- Umberto's Circolo Dinner for 6 - \$1,000 value
- Camping Package - Tent, 4 sleeping bags, 4 mattresses - \$1000 value
- Two Norco Mountain Bikes - \$750 value
- \$500 French Dressing Jeanswear gift certificate

The draw will take place during the post race ceremony.

**TEAM PRIZE:** The team that collects the most pledge money receives the Daisy's Hope Memorial trophy (see outside panel).

**GRAND PRIZE:** The top individual pledge collector will win airfare from Vancouver and an amazing Weekend Spa Escape at the Kingfisher Oceanside Resort & Spa on beautiful Vancouver Island ([www.kingfisherspa.com](http://www.kingfisherspa.com)).



## Entry Fees

Includes a Bone-Dri Advantage technical running shirt made with Polartec fabric!

Please refer to Pledge Incentive Programs for the Entry Fee Refund opportunity.

DEADLINE:	REGULAR	LATE	RACE DAY
Postmarked by	April 25	April 26 – May 10	May 11
<b>ADULT</b>	<b>\$30.00</b>	<b>\$35.00</b>	<b>\$40.00</b>

Girls and boys 12 and under may accompany their parents free of charge by completing an entry form. They will not receive their own Bone-Dri Advantage shirt or race package, but they will be able to enjoy all of the festivities as an officially registered participant free of charge.

Please note that entries post-marked by April 8th will be guaranteed a Bone-Dri Advantage shirt at package pick-up. Based on available inventory, other entrants may have to pick up their shirt after the run.

## Race Package Pick-up & LATE REGISTRATION



### Nat Bailey Stadium - Vancouver

Friday, May 9, 4:00 p.m. – 8:00 p.m.  
Saturday, May 10, 10:00 a.m. – 5:00 p.m.  
Sunday, May 11, 7:00 a.m. – 8:00 a.m.

To avoid line-ups race morning, please pick-up your race package and turn in your pledges on Friday or Saturday.

## Race Packages & Shirts

French Dressing Jeanswear has provided great denim bags for you. All race packages will feature products and coupons from event sponsors. To see a sample shirt, visit any Rackets and Runners location ([www.racketsandrunners.ca](http://www.racketsandrunners.ca)).

## Gear Check

Gear may be checked at Nat Bailey Stadium. Please do not bring any valuables, as we cannot be responsible for lost or stolen articles.

## Collect Receive

\$100 – \$249	Entry Refund + \$15 GC
\$250 – \$499	Entry Refund + Deluxe Prize Draw Entry + \$25 GC
\$500 – \$999	Entry Refund + 2 or 3 Deluxe Prize Draw Entries + \$35 GC
\$1000+	Entry Refund + Minimum 4 Deluxe Prize Draw Entries + \$50 GC



**Gift Certificate (GC)**  
for Women's 8K  
pledge collectors



**Gift Certificate (GC)**  
for Sports Challenge  
pledge collectors

## FRENCH DRESSING JEANSWEAR WOMEN'S 8K ENTRY FORM

**ONE PERSON PER ENTRY FORM.** Photocopies are acceptable.

LAST NAME \_\_\_\_\_

FIRST NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

PROVINCE \_\_\_\_\_ POSTAL CODE \_\_\_\_\_

PHONE (DAY) \_\_\_\_\_ PHONE (EVE) \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_

SEX  F  M AGE ON EVENT DAY \_\_\_\_\_

BIRTH DATE \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

TECHNICAL SHIRT SIZE  XS  S  M  L  XL

### DIVISION

Please register me in the  8K RUN  8K WALK  4K WALK

Walkers are eligible for special draw prizes instead of finisher prizes. Individuals may also enter one of the following group divisions by **submitting forms together.**

Team (5 or more members)  Mother/Daughter  Mom'n Baby Stroller

### TEAM NAME

Please submit forms together

### FEES

(Deadline to register in person at London Drugs is May 2nd. Pledge money will not be accepted at London Drugs.)

Children 12 and under	Registration (until April 25)	Late Registration (April 26-May 10)	Race Day May 11
<input type="checkbox"/> Free	<input type="checkbox"/> \$30	<input type="checkbox"/> \$35	<input type="checkbox"/> \$40

ENTRY FEE ENCLOSED \$ \_\_\_\_\_  CASH  CHEQUE  
(Cheques are payable to BC Cancer Foundation)

### WAIVER/RELEASE

I agree to comply with the rules, regulations and event instructions of French Dressing Jeanswear Women's 8K. In consideration of you accepting this entry, I for myself and anyone entitled to act on my behalf, waive and release any and all claims for injury or damages I have against BC Cancer Foundation, Vancouver Canadians, Effective Event Management Ltd., Race Headquarters, Fleet Feet Photos and all municipalities associated with this event, the Province of British Columbia, the City of Vancouver, race volunteers, sponsors, their agents and representatives, caused by the negligence of any them raising out of my participating this event, including the pre and post race activities. I attest that I am physically fit and have trained for completion of this event. I consent to receive any medical treatment which may be advisable in the event of illness or injuries suffered by me during the event. I hereby authorize the release of any photographs taken of me while attending the event.

SIGNATURE OF ENTRANT \_\_\_\_\_ DATE \_\_\_\_\_

SIGNATURE OF PARENT/GUARDIAN \_\_\_\_\_ DATE \_\_\_\_\_  
(if entrant is under 19 years)

**ALL ENTRIES ARE NON-REFUNDABLE AND NON-TRANSFERABLE, WITH THE EXCEPTION OF THE PLEDGE INCENTIVE ENTRY FEE REFUND PROGRAM.**

