



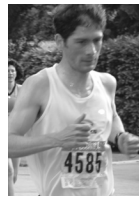
2005 Winners

Men:

Oliver Utting 25:35

Women:

Leah Pells 26:47



Masters Men: Phil Nicolls 27:25
Masters Women: Leah Pells 26:47

For further information

Phone Kajaks at 604-271-3817 or
visit www.kajaks.org.

Kajaks Track and Field Club

The Richmond Kajaks Track and Field Club is both a recreational and high performance level club based in Richmond, BC, Canada with over 200 members—ranging from elementary school athletes to masters (40+ years) athletes.

Our club hosts a number of quality meets and races throughout the year (like the IceBreaker 8k), giving all athletes the opportunity to test themselves in competition, while raising the funds necessary to maintain the high level of coaching and support Kajaks is known for.

We look forward to meeting you—find out how you can become a member today!

Website: www.kajaks.org
Telephone: 604-271-3817
Fax: 604-271-3816
Email: info@kajaks.org



Sponsors



**General
Back Up
Systems**



www.kajaks.org

SUNDAY, JANUARY 29TH, 2006

Steveston ice-breaker 8 km Race

8:30 am Start
Steveston Community Centre
4111 Moncton Street
Richmond, B.C.



www.kajaks.org



**First Race in the 2006
Timex BC Road Running Series**

ENTRY FORM

Official Use

Last Name: _____

First Name: _____

Sex: M F Age on January 29, 2006: _____

Birthdate: Month _____ Day _____ Year _____

Club Team: _____

Address: _____

City: _____

Province: _____ Postal Code: _____

Phone: _____

E-mail: _____

Registration Fees and Deadlines

Early Bird by Jan. 1/06 \$14
Regular by Jan. 15/06 \$19
Late after Jan. 15/06 \$24

Non-BC Athletics members **ADD \$3** _____
(*"Non-athlete" and "supporting" members must also add \$3*)

BC Athletics # _____

Total Enclosed: \$

Make cheques payable to KAJAKS

**OR Enter online at www.EventsOnline.ca
Fees are the same online or offline**

Waiver: In consideration of the Organizers accepting this entry, I hereby for myself, my heirs, executors, & administrators, waive and release any and all right and claim for damage of any sort I may have against the Organizers and Sponsors, their agents, representatives, successors, & assigns, for any and all injuries suffered by me at this Race, or damage sustained by me as a result of this Race, for any cause whatsoever, including negligence. It is expressly understood by the undersigned that this Race is entered into at the sole risk of the undersigned & that the Organizers & Sponsors of the Race are exempt from liability for any & all damages sustained & any and all injury and loss, including personal property loss arising from any cause whatsoever, including negligence.

Participant Signature: _____

Date: _____

(Parent or Guardian must sign if participant is under 19 years of age.)



How to Register

Online (easiest!) at www.EventsOnline.ca
No surcharge—fees are the same online or offline

In Person: At the Run Inn, 2236 W.41st Ave,
Vancouver (Kerrisdale)

Mail to: Kajaks Steveston Ice-Breaker Race
#440-8155 Park Road
Richmond, B.C. V6Y 3C9
Cheque or money order payable to **Kajaks**.

Registration Fees and Deadlines

Early Bird by Jan 1 \$14
Regular by Jan 15 \$19
Late after Jan 15 \$24

*Sorry, absolutely no refunds or transfers
of entry fees.*

Special Offer:
Register before
January 1 and
SAVE \$5

Package Pickup & Late Registration

Sat. January 28, 10am-4:30pm, at the Run Inn
Kerrisdale (2236 W.41st Ave). *Get 10% discount
at the Run Inn during package pickup.*

Race Day from 7am to 8:15am, Steveston
Community Centre.

Bag Check

A complimentary bag check will be located
in the Community Centre. All bags must be
clearly marked with your race number.

When

Sunday, January 29th, 2006, 8:30 am

Start/Finish

Near the Steveston Community Centre

Course Description

Flat and fast certified course through scenic
and historic Steveston and along dikes for your
personal best time. Each kilometre marked.

Aid Stations

Water available at start/finish and 4km. Toilets at
start/finish, 2.3km & 5.7km. Paramedics available for
First Aid.

Facilities

Parking and washrooms are available at the
Community Centre.

Refreshments

After the event at the Community Centre

Awards

Medals presented to the top 3 male & female
runners in each of these categories: 15 & Under, 16-
19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54,
55-59, 60-64, 65-69, 70-74, 75+

\$700 in prize money for the top two age graded
club teams is provided by General Backup
Systems, Joseph Kibur President. See website for details.

Draw Prizes

Join us after the race for Draw Prizes. Prize draws
will start approx. 10 mins. after last runner has
finished. Must be present to win.

Results

Computerized results will be posted following the
event and at www.kajaks.org.