



Register

By Mail:

Peninsula Runners Langley
#1-20349 88th Ave.
Langley, B.C. V1M 2K5

By Fax:

604-888-0883

Online: till July 12 at

www.penrun.ca

In Person (by July 12):

Peninsula Runners (Langley)
Peninsula Runners (White Rock)
Garrison Running Co (Chilliwack)

Late (July 13 – 16):

At the Langley location only.

LIMITED DAY OF RACE ENTRY!

Package Pick-Up

At Peninsula Runners Langley
Friday July 14th 12 till 5
Saturday July 15th 10 till 6
At Race Start Area
Race day 6:45 till 7:15

Awards

After the race stick around for a drink and refreshments, the awards ceremony starts at 9:30. Prizes for age groups winners in the following categories for the half marathon: U19, 20-39, 40-49, 50-59, 60-69, & 70+

In the 5 km only the overall top 3 men & women will get a prize.

All participants in both races will receive a unique PR Fort Langley t-shirt to prove you conquered the route.

Welcome to the 14th annual PR Fort Langley Half & 5 Km, presented by Peninsula Runners and Garrison Running Co. We have designed the course to be the most scenic half marathon in the country! The course starts and finishes at the historic Fort in Fort Langley, does a short tour through the town site before heading out into the surrounding countryside and rolling hills. Part of the route traces the historic Hudson's Bay Co. "Telegraph Trail". You will also pass Western Canada's 2nd largest Horse Park, Thunderbird Show Park, as well as the Driediger Farms Strawberry Fields. After running on the quiet rural roads you will return to the finish line at the Old Apple Orchard by the historic Fort. The 5 km route will be through the quiet streets of historic Fort Langley with some gentle up & downs.

Fort Langley Half & 5K

Last Name _____
First Name _____ M/F ____
Birthdate _____
Age on Race Day _____
Address _____
City _____ Prov. _____
Email _____

½ Entry Fees (shirt included)

Early by April 30th \$30 _____
Regular By July 12th \$40 _____
Late July 14-16 \$50 _____
Non BC Athletics Members
Add \$3 _____
Total: _____

5 km Entry Fees (shirt included)

Early by April 30th \$20 _____
Regular By July 12th \$25 _____
Late July 12-16 \$30 _____
Non BC Athletics Members
Add \$3 _____
Total: _____

Shirt size S, M, L, XL
(Shirt size not guaranteed after July 1st)

Athletes Release and Waiver (MUST BE SIGNED)

In consideration of you permitting me to participate in this event, I hereby, for myself, executors, administrators and personal representatives, release the organizers of this event, their agents and volunteers and the event sponsors from all liability, and I waive, as against the organizers, agents, volunteers and sponsors, all claims of any kind whatsoever that I might have for personal injuries or property losses suffered by participation in this event. (parent or legal guardian must sign also if participant is under 19 years age)

Date _____