

Activity Tracker

Before race day, complete 41 km by tracking your activity.

Run or walk your last 1.2 km on Sunday, October 9, 2011.

Check off every 1 km of running or walking. 30 mins of activity also = 1 km

Parent's Initials _____

<input type="checkbox"/> 1 km	<input type="checkbox"/> 2 km	<input type="checkbox"/> 3 km	<input type="checkbox"/> 4 km
<input type="checkbox"/> 5 km	<input type="checkbox"/> 6 km	<input type="checkbox"/> 7 km	<input type="checkbox"/> 8 km
<input type="checkbox"/> 9 km	<input type="checkbox"/> 10 km	<input type="checkbox"/> 11 km	<input type="checkbox"/> 12 km
<input type="checkbox"/> 13 km	<input type="checkbox"/> 14 km	<input type="checkbox"/> 15 km	<input type="checkbox"/> 16 km
<input type="checkbox"/> 17 km	<input type="checkbox"/> 18 km	<input type="checkbox"/> 19 km	<input type="checkbox"/> 20 km
<input type="checkbox"/> 21 km	<input type="checkbox"/> 22 km	<input type="checkbox"/> 23 km	<input type="checkbox"/> 24 km
<input type="checkbox"/> 25 km	<input type="checkbox"/> 26 km	<input type="checkbox"/> 27 km	<input type="checkbox"/> 28 km
<input type="checkbox"/> 29 km	<input type="checkbox"/> 30 km	<input type="checkbox"/> 31 km	<input type="checkbox"/> 32 km
<input type="checkbox"/> 33 km	<input type="checkbox"/> 34 km	<input type="checkbox"/> 35 km	<input type="checkbox"/> 36 km
<input type="checkbox"/> 37 km	<input type="checkbox"/> 38 km	<input type="checkbox"/> 39 km	<input type="checkbox"/> 40 km
<input type="checkbox"/> 41 km	Sunday, Oct. 9		
	<input type="checkbox"/> 42.2 km		

Healthy Eating Tracker

5 A DAY

<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>					

Check off every serving of fruit or veggies... Apples, beans, carrots, orange, bananas etc.

Download more trackers at www.runvictoriamarathon.com
Hand in your completed Tracker at the Victoria Marathon Race Expo for your Thrifty Foods Kids Marathon finisher certificate.



Distance: 1.2 km. Route: Kingston/Menzies, Montreal, Quebec, Pendray, Belleville and finish in front of the BC Legislative Buildings.

Where Do We Pick Up Our Shirts And Goody Bags?

You can pick up your child's shirt, race number and goody bag at the Victoria Marathon Race Expo held at the Victoria Conference Centre on Friday, Oct. 7 from 3:00 - 7:30 pm or Saturday, Oct. 8 from 9:00 am - 6:00 pm. The pickup location will be inside the Expo area at the KidSport booth. Kids packages are not available on Race Day.

** Schools pre-registered by Sept. 23, 2011 will have shirts with school names and packages delivered to the school team captain by Thursday, Oct. 6 for distribution at the school. Kids who registered for the school team after Sept. 23, 2011 will pick up their registration package at the Race Expo on Friday or Saturday with a Kids Run shirt without the school name.



Photo: Tony Austin

THRIFTY FOODS™ Kids Run & Marathon



Sunday, October 9, 2011

10:15 am



www.runvictoriamarathon.com

Register for the THRIFTY FOODS™ Kids Run & Marathon - benefiting KidSport

Every Participant in the 1.2 km Run will receive:

- ▶ Official Shirt, Race Number and Goodie Bag
- ▶ Finisher Medal
- ▶ Be entered in the draw on race day to win one of 4 bikes from Oak Bay Bicycles. You must be present at the start line to win.



Enter a School Team

- ▶ Every school with 10 or more runners will have their school name on the back of their race shirts if registered by Sept. 23, 2011. Register your school online.
- ▶ Win \$1000 worth of crested school sportswear (i.e. team jerseys, etc.) donated by Sports Traders to the school with the most runners registered by 12:00 noon, Oct. 6, 2011. The prize will be awarded prior to the start of the Kids Run.



Join the KidSport team in the Victoria Marathon Charity Pledge Program - Win a weekend for two at the Whistler Four Seasons Resort by raising the most money for KidSport in the Victoria Marathon Charity Pledge Program. Register with the KidSport team - www.kidsportvictoria.ca/pledge



New - Is your child keen to run the Kids Run but older than the 12 year old age limit? Register for the new Parent/Child Team category in the 8K Road Race. <http://runvictoriamarathon.com/events/8Kroadrace.php>

KidSport Greater Victoria

- ▶ Our goal is to ensure that kids in financial need have access to the positive experience of sport and physical activity.
- ▶ From 2002 to Jan. 2011, we've funded 3,264 children with \$492,768 in sport registration fees for children who can't afford to participate.
- ▶ To find out more about how we help and how you can donate go to www.kidsportvictoria.ca



THRIFTY FOODS™ Kids Run & Marathon

REGISTRATION FORM
SUNDAY, OCTOBER 9, 2011
10:15 AM START - KINGSTON ST & MENZIES ST



One Entry Per Person

First Name _____
Last Name _____
Address _____
City _____ Province / State _____
Postal Code / Zip _____ Country _____
Sex: M F Date of Birth YR / MO / DA
Age on October 9, 2011 _____
Circle Shirt Size (Youth Sizes) YS YM YL
Circle Shirt Size (Adult Unisex Sizes) S M L XL
Phone (evening) _____ (day) _____
Email Address _____

Has your School registered a team? Yes No

If Yes, the name of your School _____

If No, and your school plans to enter a team ask the teacher in charge to go to:

www.runvictoriamarathon.com/events/kidsrun.php
to register your school team. The school with the most runners registered by 12:00 noon, Oct. 6, 2011, will win \$1,000 worth of sports equipment from Sports Traders.

Any Current Medical Problems / Medications: _____

WAIVER OF LIABILITY

In consideration of your accepting this entry, I the undersigned, intending to be legally bound hereby, for myself, my family, my heirs, executors and administrators forever waive, release and discharge, any and all rights and claims for damages and causes of suit or action that I may at any time have against the Victoria Marathon Society, GoodLife Fitness Victoria Marathon, City of Victoria, Municipality of Oak Bay, all Victoria Marathon race committee persons, officials and all volunteers and all sponsors of the Thrifty Foods Kids Run and of the marathon and KidSport Greater Victoria for any injury suffered by me as a result of participating in this event. I attest that I am physically fit, am aware of the dangers and precautions that must be taken when running in warm or cold conditions, and have sufficiently trained for the completion of this event. I consent to photographs being taken of myself and my child participating in the Thrifty Foods Kids Run and I agree that such photos may be displayed by KidSport Greater Victoria, GoodLife Fitness Victoria Marathon and Thrifty Foods on their websites and in medium to promote the race.

Signature of Parent/Guardian

X _____ Date _____

Print name _____

REGISTRATION

Number of entries is limited to 1,000. Sorry, no refunds, transfers or deferrals. Parent/Guardian welcome to accompany children for the run.

ENTRY FEE: \$15.00
Donate \$\$\$ to KidSport: \$ _____
Total payment: \$ _____

*Only donations over \$25.00 receive a charitable tax receipt

METHOD OF PAYMENT

- Cash (Do not enclose cash if registering by mail)
 Cheque (payable to the Victoria Marathon Society.)
Sorry, no post-dated cheques accepted
 Money Order (CAN)
 VISA MasterCard

Card Number: _____

Expiry Date: (mm/yy) _____

Name on Card: _____

Signature: _____

Phone # of cardholder: _____

REGISTER ONLINE (until Oct. 6 at noon)

www.runvictoriamarathon.com/events/register.php

MAILING ENTRIES

GoodLife Fitness Victoria Marathon
Box 675, 185-911 Yates St., Victoria, BC, V8V 4Y9, CANADA
Phone: 250-658-4520 Email: info@runvictoriamarathon.com

IN PERSON

Drop entries at Frontrunners Footwear until Oct. 5 at 12:00 Noon
1200 Vancouver Street, Victoria, BC

Or the Victoria Marathon Race Expo
Fri, Oct. 7, 3:00 - 7:30 pm or Sat, Oct. 8, 9:00 am - 6:00 pm
Victoria Conference Centre, 720 Douglas Street, Victoria, BC

Office Use Only

Race #:	Initials:
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