

# Activity Tracker

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

Run or walk your last 1.2 km on Sunday, October 10, 2010.

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. 10		<input type="checkbox"/> 42.2 km

# Healthy Eating Tracker

5 A DAY ✓✓✓✓✓


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

Download more trackers at [www.runvictoriamarathon.com](http://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. 8 from 3:00 - 7:30 pm or Saturday, Oct. 9 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, 2010 will have shirts with school names and packages delivered to the school team captain by Thursday, Oct. 7 for distribution at the school. Kids who registered for the school team after Sept. 23, 2010 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



**Sunday, October 10, 2010**  
**10:15 am**

Presented by  
**GoodLife FITNESS**  
**VICTORIA MARATHON**

10 | 10 | 10



[www.runvictoriamarathon.com](http://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, 2010. Register your school online.
- ▶ The school with the most runners registered by 12:00 noon, Oct. 7, 2010, will win \$1,000 worth of sports equipment provided by KidSport and Sports Traders. The prize will be awarded prior to the start of the Kids Run.



### Join Team KidSport 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 Team KidSport - [www.kidsportvictoria.ca/pledge](http://www.kidsportvictoria.ca/pledge)



### 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 May 2010, we've funded 2914 children with \$424,866 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](http://www.kidsportvictoria.ca)



# THRIFTY FOODS™

## Kids Run & Marathon

REGISTRATION FORM

SUNDAY, OCTOBER 10, 2010

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 10, 2010 \_\_\_\_\_

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](http://www.runvictoriamarathon.com/events/kidsrun.php)

to register your school team. The school with the most runners registered by 12:00 noon, Oct. 7, 2010, 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. 7 at noon)

[www.runvictoriamarathon.com/events/register.php](http://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](mailto:info@runvictoriamarathon.com)

### IN PERSON

Drop entries at Frontrunners Footwear until Oct. 6 at 12:00 Noon  
1200 Vancouver Street, Victoria, BC

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

### Office Use Only

Race #:	Initials:

