

# Kids MaraFun Entry Form

Entry fees are non-refundable, non-transferable, and non-deferrable under any circumstances. No race day registration or bib/chip pickup on race day (no exceptions).

**Participant's Info:** Asterisk (\*) marks mandatory fields. Incomplete forms will not be processed.

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

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

\*SEX \_\_\_\_\_ \*BIRTHDATE DD/MM/YY \*AGE ON RACE DAY \_\_\_\_\_

\*MAILING ADDRESS \_\_\_\_\_

\*CITY \_\_\_\_\_ \*PROV/STATE \_\_\_\_\_

\*COUNTRY \_\_\_\_\_ \*POSTAL/ZIP CODE \_\_\_\_\_

\*HOME PHONE \_\_\_\_\_

\*SCHOOL OR TRACK CLUB \_\_\_\_\_

\*EMAIL (for entry confirmation) \_\_\_\_\_

Shirt Size (youth sizes only):  XS  S  M  L  XL

(McDonald's Kids MaraFun participants will receive 100% cotton unisex t-shirt)

Race Event Entry Fees (CDNS)	Before Dec. 14, 2009	Before Mar. 22, 2010	On/After Mar. 22, 2010	At Packet Pick Up Apr. 29-May 1, 2010
 Kids MaraFun	\$20	\$20	\$25	\$25

*Note: Shirt Size NOT Guaranteed on registrations received after December 14, 2009*

## Race Entry Fee

McDonald's Kids MaraFun

Entry Fee \_\_\_\_\_

GST (5% of entry fee) + \_\_\_\_\_

**Subtotal A** \_\_\_\_\_

## Charitable Donation

(Donation tax receipts issued for amounts of \$20 or more)

BC Cancer Foundation \$10  \$25  \$50  \$75  \$100  Other: \_\_\_\_\_

Canuck Place Children's Hospice \$10  \$25  \$50  \$75  \$100  Other: \_\_\_\_\_

Greater Vancouver Food Bank Society \$10  \$25  \$50  \$75  \$100  Other: \_\_\_\_\_

Heart and Stroke Foundation \$10  \$25  \$50  \$75  \$100  Other: \_\_\_\_\_

Ronald McDonald House BC \$10  \$25  \$50  \$75  \$100  Other: \_\_\_\_\_

Cheques/Money Orders payable to Vancouver International  
Marathon Society within 5 business days. All NSF cheques will  
be charged \$40. We cannot accept post-dated cheques.

**Subtotal B** \_\_\_\_\_

(Subtotals A+B) **TOTAL** \_\_\_\_\_

ENTRY FORMS CAN BE SUBMITTED UNTIL APRIL 12, 2010

In person: At any Running Room location

By mail: Vancouver International Marathon Society, PO Box 3213, Vancouver, BC Canada V6B 3X8

## Medical Information (Must be completed by parent or legal guardian)

FULL NAME \_\_\_\_\_ AGE \_\_\_\_\_

Health Problems  NONE  YES (List all active and chronic medical conditions)

Medications  NONE  YES (List name and dosage)

Environmental Allergies  NONE  YES (List cause and type of reaction)

Medication Allergies  NONE  YES (List drug and type of reaction)

I speak English  YES  NO (List alternate languages)

If you would like to contact the race medical director prior to the race to specifically alert the medical team of your medical concerns, you may do so via email: [medical@bmovanmarathon.ca](mailto:medical@bmovanmarathon.ca)

## Waiver of Liability (Must be signed by parent or legal guardian)

IMPORTANT: THIS IS A LEGAL COMMITMENT; READ IN FULL AND UNDERSTAND BEFORE AGREEING TO, AND ACCEPTING, THE TERMS HEREUNDER. In order to participate in the BMO Vancouver Marathon, you must accept and agree to the terms contained herein, which is a Release and Waiver of Liability ("Release") in favour of the Vancouver International Marathon Society ("VIMS"), its directors and employees, the City of Vancouver, the Province of British Columbia, race volunteers, sponsors and each and every affiliate, agent and representative of the foregoing (collectively, all such parties are the "Released Parties") and by doing so, in consideration of you being accepted to participate in the BMO Vancouver Marathon and for other good and valuable consideration (the sufficiency of which is hereby acknowledged), you agree as follows:

ASSUMPTION OF RISK: I recognize and understand the risks associated with participating in the BMO Vancouver Marathon, Half Marathon, 8K, Friendship Run, Kids MaraFun or any other marathon event (collectively, "Events") may include risks that could be hazardous to me, and may put me at risk of serious injury or illness, including death. I acknowledge that these risks and dangers may arise from any number of circumstances, including those caused by terrain, weather conditions, equipment, facilities, vehicular traffic, other participants in the Events, failures to follow safety procedures, diagnosed or undiagnosed health conditions, and actions of other people. I acknowledge that participating in any of the Events requires proper physical training and I further acknowledge that I am solely responsible for ensuring that I am physically capable of participating in the Events. I hereby expressly and specifically assume the risk of injury or harm in the Events. I further confirm and agree that this Release will apply to all Events in which I participate.

WAIVER AND RELEASE: To the fullest extent permitted by law, I hereby forever release, waive, covenant not to sue, exonerate, discharge and agree to hold harmless the Released Parties from any and all liability, claims, demands, and causes of action whatsoever that I may have against the Released Parties with respect to any injury, illness, death, property damage or other loss that may result, directly or indirectly, from my participation in any of the Events. I specifically understand and agree that this Release forever discharges the Released Parties from any liability or claim that I may have against the Released Parties with respect to any injury, illness, death, property damage or other loss that may result from the Events, whether caused by the negligence of the Released Parties or otherwise. I further understand and confirm that the Released Parties do not assume any responsibility or obligation to provide financial or other assistance, including, but not limited to medical, health, or disability insurance, in the event of injury, illness, death, property damage or other loss.

MEDICAL TREATMENT: If I am unable to consent at the time due to injury or illness, I hereby consent to the administration of first aid and other emergency medical treatment for such injury or illness that occurs during any of my participation in the Events. Further, I hereby release and forever discharge the Released Parties from any claim whatsoever which arises or may hereafter arise on account of any first-aid treatment or other medical services rendered as contemplated hereunder.

OTHER: I expressly agree that this Release is intended to be as broad and inclusive as permitted by the laws of the Province of British Columbia and that this Release shall be governed by and interpreted in accordance with the laws of the Province of British Columbia and the laws of Canada applicable therein. I agree that in the event that any clause or provision of this Release shall be held to be invalid by any court of competent jurisdiction, the invalidating of such clause or provision shall not otherwise affect the remaining provisions of this Release which shall continue to be enforceable. I further agree that this Release shall bind my assigns, heirs, administrators and executors forever.

All photographs, video or any images taken by employees, directors, representatives or agents of the VIMS are the property of the VIMS and may be used without the permission of the photographed person.

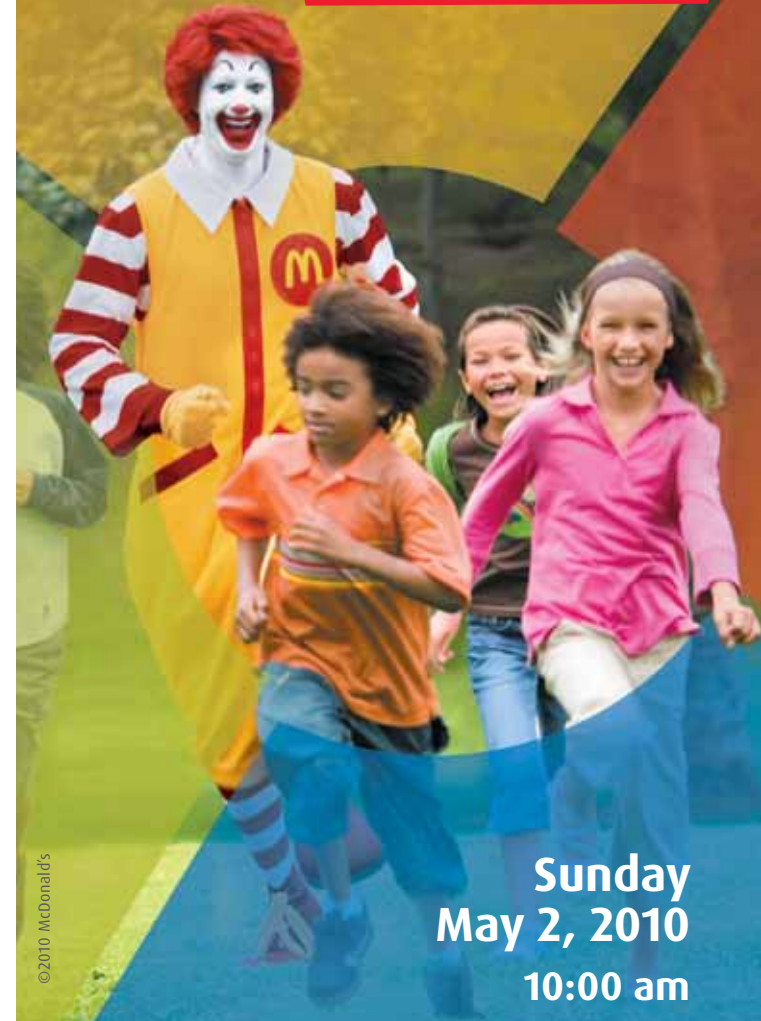
PARENT OR GUARDIAN SIGNATURE \_\_\_\_\_

DATE \_\_\_\_\_



# Kids MaraFun

Experience the Energy



Sunday  
May 2, 2010  
10:00 am

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[bmovanmarathon.ca](http://bmovanmarathon.ca)

BMO



Vancouver  
Marathon

# McDonald's Kids MaraFun

Sunday, May 2, 2010 10:00am



## Race Course & Event Village at Concord Pacific Place

### McDonald's Balanced and Active Lifestyles

McDonald's is a part of the lives of millions of families across the country and are serious about our role in helping Canadians lead healthier and more active lifestyles. With the goal of promoting physical activity, McDonald's Restaurants of Canada proudly supports the Olympic movement, professional and amateur sport and grassroots initiatives offered in our communities including our commitment to the *McDonald's Kids MaraFun*.

### What Is The **M** Kids MaraFun?

The *McDonald's Kids MaraFun* is a fun six-week program for kids to cumulatively run 42.2 km (marathon), with the last 1.6 km being run on the day of the BMO Vancouver Marathon. Kids will run 40.6 km in the six weeks prior to race day, beginning with .3 km (.2mi) per day, and then increase to 3.2 km (2 mi) by week four. When kids cross the finish line on race day, they will have completed 42.2 km (marathon) and will receive a Marathon Finisher's medal!

The focus of this event is to introduce young people to the benefits of fitness and well being through running. Additional programs about maintaining healthy lungs, heart, and body will also be emphasized through the help of local charity and health groups.

### Why Run The **M** Kids MaraFun?

1. Exercise makes you physically fit.
2. Running and walking are a great way to have fun and exercise.
3. You can run anytime and anywhere.
4. Learn about your lungs, heart and body, why they are important and how to keep them healthy.
5. You get to take part in one of Canada's largest marathons.

### How Do You Run The **M** Kids MaraFun?

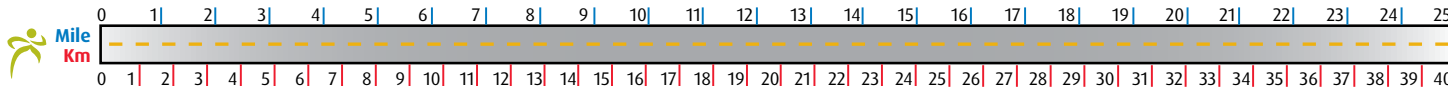
It's easy. You begin by running six weeks prior to race day, starting on Monday, March 22, 2010. Under the guidance of an adult, either a teacher, coach, parent, or guardian, you can begin to run your marathon!

### **M** Kids MaraFun Training Schedule

Keep track of your progress towards your goal. Colour in or mark off each km on the road below. *McDonald's Kids MaraFun* training is done through the honour system under the guidance of a parent, teacher or coach.

Week	Monday	Wednesday	Friday	Saturday	Km/Miles
Week One:	RUN 0.3 km (.2 mi)	RUN 0.8 km (.5 mi)	RUN 0.8 km (.5 mi)	RUN 1.6 km (1 mi)	3.5 km (2.2 mi)
Week Two:	RUN 1.6 km (1 mi)	RUN 1.6 km (1 mi)	RUN 1.6 km (1 mi)	RUN 2.4 km (1.5 mi)	7.2 km (4.5 mi)
Week Three:	RUN 1.6 km (1 mi)	RUN 1.6 km (1 mi)	RUN 2.4 km (1.5 mi)	RUN 1.6 km (1 mi)	7.2 km (4.5 mi)
Week Four:	RUN 2.4 km (1.5 mi)	RUN 1.6 km (1 mi)	RUN 1.6 km (1 mi)	RUN 3.2 km (2 mi)	8.8 km (5.5 mi)
Week Five:	RUN 1.6 km (1 mi)	RUN 2.4 km (1.5 mi)	RUN 1.6 km (1 mi)	RUN 2.4 km (1.5 mi)	8.0 km (5.0 mi)
Week Six:	RUN 2.4 km (1.5 mi)	RUN 2.4 km (1.5 mi)	RUN 0.8 km (.5 mi)		5.6 km (3.5 mi)

NOTE: The provided Training Schedule is a suggested guideline. Do what you are comfortable in completing. Pace your running so that you are ready and able to run the final 1.6 km on *McDonald's Kids MaraFun* Sunday! We do not recommend that you complete this program early. The schedule leaves three days available for make up days or to give you a rest during the week. Have fun!



### What Do You Get?

Each participant will receive a *McDonald's Kids MaraFun* Finisher's Medal, T-shirt, and Completion Certificate (certificates to be emailed out after the event).

### How Do You Register?

You can register using the attached entry form or by visiting our website at [www.bmovanmarathon.ca](http://www.bmovanmarathon.ca). Register early as there are only 2000 entries available!

### Race Package Pickup

Pick up your race package at the Brita Sports Expo at the Event Village at Concord Pacific Place. Your race package will include your race number, timing chip, shirt, Parent Pass and goody bag. Team entries may be picked up by school teachers or a representative.

**Expo Hours:** April 29<sup>th</sup>, 4 pm – 8 pm; April 30<sup>th</sup>, 11 am – 8 pm; May 1<sup>st</sup>, 10 am – 7 pm

### Prizes & Awards

Amazing prizes and goody bags! All school prizes are identical regardless of school size and will be announced and awarded at the awards ceremony following the race. (Please note: prizes are awarded for participation only).

**SCHOOL PRIZE:** Prizes awarded for the school with the most participation in the *McDonald's Kids MaraFun*. Prizes will be awarded for large, medium and small schools.

To qualify for a school prize, all participants must be registered under the school name PRIOR to race day. Schools must register as a group with all participants listed. Vancouver International Marathon Society reserves the right not to award to individuals not pre registered with a school.

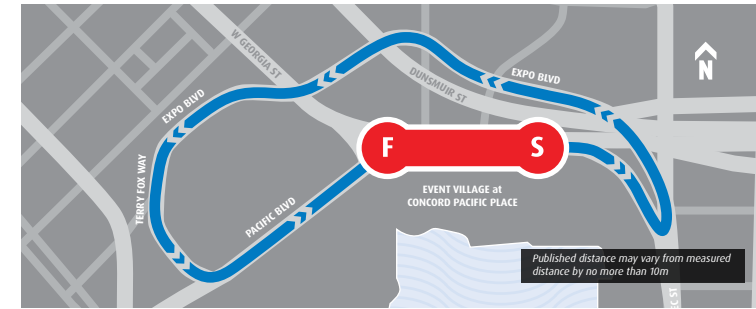
**MCDONALD'S KIDS MARAFUN RECOGNITION TROPHY:** Awarded to small, medium and large schools for the most participation.

### Family Entertainment!

Plan to spend some time in the Kids Zone at the Event Village at Concord Pacific Place, a free play area with inflatables and live entertainers, including the McDonald's Fun Zone, face painters, kid's music, and more!

*Additional information will be sent out to all registered participants closer to event day.*

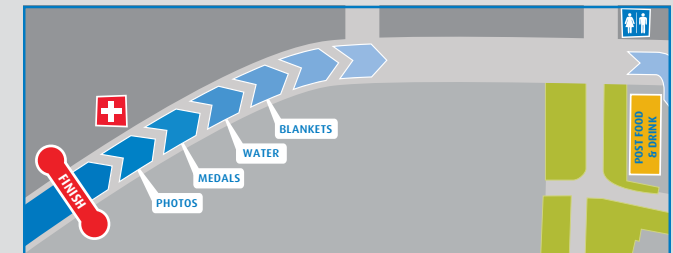
### 1.6 km Course Route and Direction



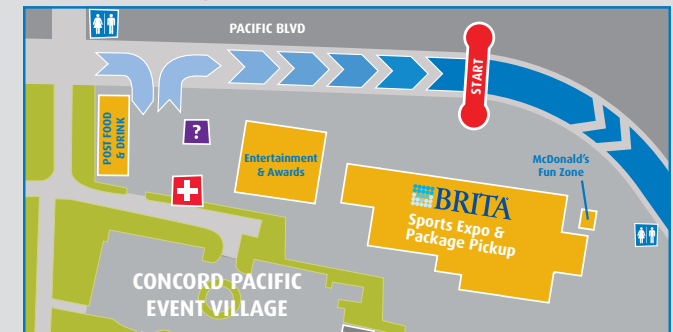
### Event Village at Concord Pacific Place



### Finish Area



### Start Area/Event Village at Concord Pacific Place



Design: RedRockerCreative.com

Please check website for the most current maps