

The Keremeos Kruncher 50/25 KM Runs

Lets get down to the Krunch!!



MAJOR SPONSOR - KEREMEOS VALU PLUS FOODS

When: Saturday, May 13th, 2006

Where: Highway #3 at Liddicoat Road, 3 miles north of Keremeos, BC, Running Capital of Canada

Start Time: 7:00 to 7:30am packet registration 7:40am Race Briefing 8:00am Start

Course: Out and back, 100 yards of pavement, 95% ranch roads, power line, and some trail.

Time Limit: 50 km - 8 hrs and 45 min (8:00am to 4:45pm) 25 km - 5 hrs

Washrooms: Start and Finish

Draw prizes: awards for first man/woman, water bottle and T-shirt to all finishers.

Entry fees: Until May 1 (received) \$65 (both distances)

To May 7 \$85

To May 10 (by noon) \$95 After May 10 ENTRIES ARE CLOSED

Limit: 100 runners

Post Race: Post race meal at Finish area.

NO REFUND POLICY: In case of a major forest fire, race will be rerouted, possibly rescheduled and will proceed.

PLEASE PRINT:

Name: _____ 50 km ____ 25 km ____

Race: _____

Address: _____ Postal/Zip Code: _____

Phone: (____) _____ E-mail: _____

Age: (Race Day) _____ Sex: _____

T-Shirt : (circle one) Small Medium Large X-Large

The farthest I have run is _____ miles/km in a sponsored run and _____ miles/km in training.

My most recent Ultra or Marathon: _____ Time: _____ Year: _____

Bio Comments for Race Announcer - Steve King

Waiver: I understand running a 25/50 km run may be hazardous to my health and safety. I will disclose any and all medical conditions and medications that I may be on. I will adhere to all race rules and regulations and may be subject to disqualification by the race director and his officials. Understanding all of the above I further waive and relinquish all right to compensation or claim of any kind against the Keremeos Kruncher, race management and Eagle Endurance Sports, Inc.

PRINTED NAME: _____ SIGNATURE (not initials): _____

Mail Entry with payment to: Eagle Endurance Sports, Inc.
Moe "The Eagle" Beaulieu, R.D.
Box 31, Keremeos, BC, Canada V0X 1N0 Phone: (250)499-2680