



The Phantom Run Sat Nov 14 2009

Registration Form

- 12 km
 19 km
 24 km
 Walk 3-6 km

Name		
Address		
City		
Age on Race Day		Phone
Email (PRINT)		
Signature		
Waiver	In consideration of your acceptance of this entry, I hereby for myself, executors, administrators, and personal representatives release the organizers of these events, their agents and volunteers and the event's sponsors from all liability, and I waive, as against the organizers, agents, volunteers and sponsors, all claims whatsoever that I might have for personal injuries, death, property losses, or property damage suffered by participating in these events.	

Payment for Run

<input type="checkbox"/>	\$35 Cheque to Mountain Madness. (Mail to 518 East 15 th St North Van, V7L 2S1 or drop at North Shore Athletics 1200 Lonsdale North Vancouver). After Nov 1, \$40.
<input type="checkbox"/>	Complimentary Race or Clinic Entry (attach complimentary form)
<input type="checkbox"/>	Pay online at EventsOnline (\$34.50 total) www.eventsonline.ca til Nov 1. After Nov 1, \$40.

Fundraising Walk 3-6 km

<input type="checkbox"/>	\$15 Cheque payable to Mountain Madness. Proceeds to <i>Save Your Skin Foundation</i> .
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Race Details

Package Pickup	Thursday Nov 12 North Shore Athletics 1200 Lonsdale 6-8 pm. Saturday Nov 14 from 8:00 a.m. to sign in time.	
Location	START/FINISH location at LSCR (top of Lillooet Road)	
Distance	12, 19 or 24 km loop. Walk 3-6 km. Kiddie run.	
Routes	LSCR, Lynn Canyon, lower Mt Seymour, Lynn Headwaters. 3 Aid stations.	
Shirt	Shirt may be available for purchase (limited quantities).	
Feast	Homemade minestrone soup and cornbread will be provided. Bring something yummy for potluck.	
Trail Etiquette	Please be prepared to give way to all other trail users, especially in heavy use areas. Make sure that nothing is left on the trail.	
Contact	heather@mountainmadness.ca	
Volunteers	Volunteers receive free Dirty Duo race entry (for March 2010)	
Start Times	Sign In	Start Time
24 km	8:00 a.m.	8:30 a.m. Early start available for 24 km.
19 km	8:30 a.m.	9:00 a.m.
12 km	9:30 a.m.	10:00 a.m.
Walk/Kiddie Run	9:45 a.m.	10:15 a.m.
Finish/Awards	12 o'clock (top 3 in each category by gender)	