



NORTH VANCOUVER CITY FIREFIGHTERS
165 EAST 13TH STREET, NORTH VANCOUVER, B.C. V7L 2L3 604-984-4646



the city
of north
vancouver



**North Shore
Canada Day
Parade**



Proceeds going towards:



A registered charity established in 1978 by the BC Professional Fire Fighters Association, the Burn Fund provides life saving, life supporting, and life enriching services to the people in British Columbia.

More than 3,400 professional fire fighters from forty-eight communities around the province are building the Burn Fund's vision. They dedicate their time and skills to support burn survivors and increase the public's knowledge about fire and burn safety issues through the work the Burn Fund does with its Burn Awareness, Research and Prevention Programs.

www.burnfund.org

City of North Vancouver Centennial

The First Annual

**Lonsdale
Mile**

- **Canada Day, 2007**
- **13th & St. Georges**
- **to Mahon Track**



**Lonsdale
Mile**

Sunday, July 1st, 2007 - Canada Day

Race for the 100th Anniversary of North Vancouver

WHEN

9:30am, Sunday, July 1, 2007 - Canada Day

WHERE

*From 13th and St. George's to Mahon Park
North Vancouver, BC*

WHO

Anyone over 7 who can run a mile

HOW FAR

1 Mile (accurate)

HOW MUCH

Adults - \$20, Kids 18 & under - \$15

*Couples - \$37, Teams of 5** - \$90*

***\$18 per additional member, first 5 times count
towards team awards*

HOW TO REGISTER

Fax - 604-990-1113

Drop off - North Shore Athletics

#101-1200 Lonsdale Ave

North Vancouver, BC

Race Day - cash only, until 8:30am

*Please make cheques payable to North Van City Fire
Fighters IAFF Local 296*

COURSE

*13th to Lonsdale to 17th Street, west to Jones,
into Mahon Park*

RESULTS/AWARDS

*Recognition to the first 3 in each age group
8-9, 10-19, 20-29, 30-39, 40-49, 50-59, 60-69,
70+*

PACKAGE PICKUP

*Sat, June 30 - 4-7pm North Shore Athletics
#101-1200 Lonsdale Ave.
Race day at start of race - 8:00-9:15am*

INCLUDES

*Refreshments at finish, aid station halfway,
and Delany's Coffee.*

Recognition to first 3 in all age categories

Draw prizes provided by race sponsors

THANK YOU

City of North Vancouver

SPONSORS

North Shore Athletics

Run the North Shore

Corporation of the City of North Vancouver

North Vancouver City Fire Department

North Van. City Fire Fighters IAFF Local 296

Delany's Coffee

RACE DIRECTOR

Bob Hanlon

bhanlon@cnv.org

604-980-3207

Last Name: _____

First Name: _____ Initial: _____

Date of Birth: Day ____ Month ____ Year ____

Gender: M F Age on Race Day: _____

Address: _____

City: _____

Prov/State: _____ Country: _____

Postal/Zip Code: _____

Phone: _____

Email: _____

Entry Fees

Single Child (18 & Under) \$15 _____

Single Adult (19 & Over) \$20 _____

Couple (Adults only) \$37 _____

Family (3 Relatives) \$43 _____

Team of 5** \$90 _____

Team Name: _____

** \$18 per additional member _____

BC Athletics Members deduct \$3 _____

BC Athletics #s _____

Total Enclosed _____

Cash Visa MasterCard Cheque _____

Card Number: _____

Expiry (mm/yy): _____

Athlete's Release, Waiver, and Indemnity

Must be signed - in consideration of you permitting me to participate in this race, I hereby, for myself, executors, administrators, and all personal representatives, release the organizers of this race, their agents, and their volunteers and sponsors, all claims of any kind whatsoever that I might have personal injuries or property losses suffered by participation in this event.

Signature: _____ Date: _____

Parent or Guardian if under 18