



# 21<sup>st</sup> ANNUAL VISTASRUN MAY 27, 2018



10K RUN • 5K RUN/WALK • FAMILY WALK  
KANAKA CREEK REGIONAL PARK



**REGISTER NOW**  
[www.vistasrun.com](http://www.vistasrun.com)

## About the Vistas Run & Walk

Celebrating 21 years of bringing community together in the spirit of fundraising and fun! This event has a 10k timed run route, a 5k timed run/walk route and a 4k family walk (dogs on leash welcome) through beautiful Kanaka Creek Regional Park.

The Vistas Run & Walk is the single largest fundraiser for the Ridge Meadows Hospice Society. Proceeds provide emotional, compassionate and companion support for individuals with a life-limiting illness or those who are coping with the loss of a loved one.



Grief has no timeline

Ridge Meadows  
Hospice Society

**JOIN THE TRADITION**



## INDIVIDUAL AND FAMILY WALK REGISTRATION FORM

### REGISTRATION FOR 5K OR 10K

**First Name:** \_\_\_\_\_ **Last Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **City/Province:** \_\_\_\_\_

**Postal Code:** \_\_\_\_\_ **Phone Number:** \_\_\_\_\_

**\*Email:** \_\_\_\_\_

**Route:**      \_\_\_\_\_ 5k      \_\_\_\_\_ 10k

**Gender:** \_\_\_\_\_ **Age on Race Day:** \_\_\_\_\_

Student	\$20	\$ _____
Early Bird (till May 13 <sup>th</sup> )	\$35	\$ _____
Pre-Race Day	\$40	\$ _____
On Race Day	\$45	\$ _____

### OPTIONAL PURCHASE

Race day shirt                      \$20      \$ \_\_\_\_\_

**Race T-Shirt**      \_\_\_\_\_ XS      \_\_\_\_\_ S      \_\_\_\_\_ M      \_\_\_\_\_ L      \_\_\_\_\_ XL  
**Size:** \_\_\_\_\_

### REGISTRATION FOR FAMILY WALK

**Family Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **City/Province:** \_\_\_\_\_

**Postal Code:** \_\_\_\_\_ **Phone Number:** \_\_\_\_\_

**\*Email:** \_\_\_\_\_

**# of family participants**

Family Walk                      \$35      \$ \_\_\_\_\_

*Family walk registration fee is valid for up to 2 adults and 4 minors from the same household*

**SECTION 2: WAIVER**

This must be signed by all participants (if participant is under 19 a parent/guardian must sign)

In consideration of the Vistas Run and its sponsors accepting this entry, I hereby waive for myself, my heirs, executors and administrators, waive and release any and all rights and claim for damages sustained by me as a result of this run, for any cause whatsoever, including negligence. It is expressly understood by the undersigned that this run is entered into at the sole risk of the undersigned and that the organizers and sponsors of the run are exempt from liability for any and all damages sustained and any and all injury and loss, including personal and property loss arising from any cause whatsoever, including negligence. I agree to allow my participation photo to be used in future marketing materials associated with future Vista Runs.

I have read and agree to the waiver terms.

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Additional signatures are required for all family walk participants**

**Family member name:**

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Family member name:**

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Family member name:**

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Family member name:**

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Family member name:**

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

- Send this form to [events@ridgemeanowshospice.org](mailto:events@ridgemeanowshospice.org) or fax to 604-463-6358
- Payment can be made by cheque (payable to "Ridge Meadows Hospice Society") dropped off at our office 102-22320 119<sup>th</sup> Avenue, Maple Ridge or mailed to: PO Box 11 Maple Ridge BC V2X 7E9
- Visa payments can be made via phone at 604-463-7722
- Debit payments can be made at our office 102-22320 119<sup>th</sup> Avenue (M-F 8:30am – 4:30pm)

**Thank you for your support!**

For questions please contact our office at 604-463-7722 or email [events@ridgemeanowshospice.org](mailto:events@ridgemeanowshospice.org)

*\*for communication related to Vistas Run All-Star participation only unless consent has been previously provided*



