21st ANNUAL
VISTASRUN
MAY 27, 2018

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

REGISTER NOW
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.

Ridge Meadows
Hospice Society
Grief has no timeline

JOIN THE TRADITION

Support the Ridge Meadows Hospice Society
2018 Vistas Run All-Stars and Teams Wanted

21st ANNUAL
VISTASRUN
BENEFITING RIDGE MEADOWS HOSPICE SOCIETY
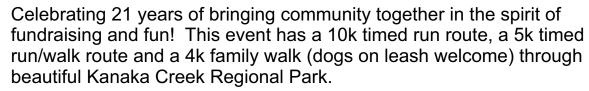SUNDAY MAY 27th, 2018

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About the Vistas Run

Celebrating 20 years of bringing community together in the spirit of fundraising and fun! The Vistas Run 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 death of a loved one.

What is a Vistas Run All-Star?
All-Stars help us raise funds through collection of pledges of $250 or more.

What does an All-Star receive?
All-Stars receive a poster personalized with their picture to use as part of pledge collection, complimentary race registration and a complimentary race shirt. All-Stars are promoted through social media and www.vistasrun.com.

Can I put together a Team?
Teams are a great way to highlight your organization and help the hospice society raise additional funds through collection of pledges of $500 or more.

What does a Team receive?
Teams (up to 10) collect pledges of $500 or more. Team members receive a discounted registration fee, a complimentary race shirt, and a promotional poster to use as part of pledge collection. Teams receive promotion through social media and www.vistasrun.com. Have a larger team in mind? Contact us for details on registration fees and pledge amounts.

Can I sign up as an Individual?
Yes we welcome individual registrations for our 10k timed run route and our 5k timed run/walk route.

JOIN THE TRADITION
SUNDAY MAY 27, 2018
Sign up at www.vistasrun.com
Call Michelle Trent 604-463-7722 ext 104
or email events@ridgemeadowshospice.org

TEAM REGISTRATION FORM

TEAM NAME: _____

Create a team and collect $500 in pledges for discounted registration fees and a complimentary team race shirt! Teams are promoted on social media and on www.vistasrun.com

SECTION 1: WAIVER

In consideration of the Vistas Run and its sponsors accepting this entry, I hereby waive for myself, my heirs, my 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.

SECTION 2: TEAM MEMBER DETAILS

	First Name	Last Name	Address	City/Prov	Postal Code	5k	10k	Family Walk	Age on Race Day	Gender	Race T-Shirt Size (XS, S, M, L, XL)	I have read and agree to the waiver terms as indicated in Section 1 of this team registration form. **Must be signed and dated by each team member.**	
												Signature	Date signed
#1													
#2													
#3													
#4													
#5													
#6													
#7													
#8													
#9													
#10													

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Adult Early Bird Team member rate (before May) $26.25
Adult Team member rate (after May) $30.00
Adult Team member rate (race day) $33.75
Student Team member rate $15.00
Family Walk Team rate $26.26

Rates have been discounted for teams that raise $500+ in pledges. Family walk registrations are for up to 2 adults and 4 minors from the same household. Team members that register on race day will receive their t-shirts after the event date.

Payment method	Cheque Payable to Ridge Meadows Hospice Society. Mail to PO Box 11, Maple Ridge BC V2X 7E9	Visa payments can be made by phone or at our office Debit card payments can be made at our office Phone: 604-463-7722 Office Address: 102-22320 119th Avenue, Maple Ridge (M-F 8:30am – 4:30pm)
Team Member #1	$_____	Payment via: _____ Cheque _____ Visa (by phone or in office) _____ Debit Card (in office)
Team Member #2	$_____	Payment via: _____ Cheque _____ Visa (by phone or in office) _____ Debit Card (in office)
Team Member #3	$_____	Payment via: _____ Cheque _____ Visa (by phone or in office) _____ Debit Card (in office)
Team Member #4	$_____	Payment via: _____ Cheque _____ Visa (by phone or in office) _____ Debit Card (in office)
Team Member #5	$_____	Payment via: _____ Cheque _____ Visa (by phone or in office) _____ Debit Card (in office)
Team Member #6	$_____	Payment via: _____ Cheque _____ Visa (by phone or in office) _____ Debit Card (in office)
Team Member #7	$_____	Payment via: _____ Cheque _____ Visa (by phone or in office) _____ Debit Card (in office)
Team Member #8	$_____	Payment via: _____ Cheque _____ Visa (by phone or in office) _____ Debit Card (in office)
Team Member #9	$_____	Payment via: _____ Cheque _____ Visa (by phone or in office) _____ Debit Card (in office)
Team Member #10	$_____	Payment via: _____ Cheque _____ Visa (by phone or in office) _____ Debit Card (in office)
Total Registration Fees Enclosed	**$_____**	

Thank you for your support! For event details please visit www.vistasrun.com. For questions please contact our office at 604-463-7722 or by email at events@ridgemeadowshospice.org

PLEDGE SHEET
INDIVIDUAL / ALL-STAR / TEAM NAME

_____

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Please ensure all pledges are collected in full and turned in with the pledge sheet. Tax receipts will be issued for pledges of $20 or more. The Ridge Meadows Hospice Society and its corporate sponsors take no responsibility for pledges and pledge sheets not turned in.

First Name	Last Name	Address	Postal Code	Pledge Amount	Paid

All pledges support the Ridge Meadows Hospice Society in providing emotional, compassionate and companion support for individuals with a life-limiting illness and grief support for community members coping with the loss of a loved one.

Registered Charity #119032019RR0001

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