

Waiver of Liability: In consideration of the acceptance of my entry form to the Fletcher's Challenge Trail Race, I the undersigned for myself, my dependants, my heirs, executors and my representatives hereby release and discharge Runners of Compassion - Nanaimo Chapter, Frontrunners, The City of Nanaimo, BC Hydro, Coastal Timberlands, Department of National Defense, and their director, officers, agents and employees and/or any other organizations or sponsors of this event from any claims, demands, liabilities, losses, damages, and expenses which may result by reason of my participation in the 2009 Fletcher's Challenge Trail Race. I certify that I have full knowledge of the risks involved in this trail running event and that I am physically fit and sufficiently trained to participate. I also agree to abide by all race rules whether written or verbal. The race director reserves the right to refuse entry if I do not follow these rules. Unless indicated to the contrary by my parent or guardian below, I am 19 years or older

Waiver Signature: _____

Guardian Signature (for entrants under 19)

Date: _____



**Fletcher's Challenge 11k Trail Race
& 6km Family Walk
Good Friday, April 2nd
Westwood Lake in Nanaimo
10:00am
Rain or shine or sleet or snow**



For more information: Nanaimo@Frontrunners.ca

Waiver is on the reverse and must be signed.

In memory of Gavin Fletcher

Husband, Father, Friend and Competitor

Gavin Fletcher was a member of ROC; he was an amazing friend to a lot of people; he was a fierce competitor and he was a gifted athlete, but first and foremost he was a true family man. No matter what Gavin was doing, his thoughts and comments would eventually turn to be about his family. Whether it was forgoing that coffee at Starbucks after a run or skipping a beer in the pub, Gavin's priority was to always get home to Natalie, Sophia and Claudia. He was a man who truly cared for his family and his friends.

Gavin was the type of guy that when ROC was having a social run up on the trails at Strathcona Park one hot summer day he rode his bike up to the Nordic Lodge while the rest of us choose to drive to the top of Mount Washington to start the run. After meeting the group at the assigned time, he quickly downed a half a bottle of water and then set out with us for what ended up being a very strenuous 2 ½ hour trail run. After the run, he hopped back on his bike and rode away.....he was that kind of guy. He would always amaze you with his ability. Whether it was riding his bike up to the top of a mountain to run or deciding on a whim that he should train for a triathlon or compete in an Adventure Race - he always did things with a smile on his face, a great attitude and with great results. Gavin was very humble in his abilities. No matter how well he placed in a raced he was never quick to tell you how he did, you would have to drag it out of him. He would always tell you that he wasn't in shape, that he had to lose 30 pounds and that he needed to start training. We miss Gavin; we miss his laughter, his smiling face and his great stories. This race is in memory of him.

Gavin John Fletcher - January 3, 1967 - December 11, 2006

Fletcher's Challenge 2010 Entry Form

____ I will be participating in the Trail Race

____ My family and/or I will be participating in the 6k walk

Name: _____

Address: _____

Phone: _____

Email: _____

Day of race registration will be available starting at 9:00am

Date of Birth: _____

Age on Race day: _____

Sex: M F

Cost: \$ 20.00 per individual for trail race

\$ 20.00 per family for 6km walk

Any Medical conditions we should be aware

of: _____

EMERGENCY CONTACT: _____

Entries can be dropped of at any Frontrunners location **prior to April 1st**, Or you can **mail them prior to March 25th** to: #3-5767 Turner Road, Nanaimo, BC, V9T 6L8,

On-line at [2010 Fletcher's Challenge Registration](#)