

Activity Tracker

Before race day, complete 41 km by tracking your activity.

Run or walk your last 1.2 km on Sunday, October 11, 2009.

Check off every 1 km of running or walking. 30 mins of activity also = 1 km

Parent's Initials _____

<input type="checkbox"/> 1 km	<input type="checkbox"/> 2 km	<input type="checkbox"/> 3 km	<input type="checkbox"/> 4 km
<input type="checkbox"/> 5 km	<input type="checkbox"/> 6 km	<input type="checkbox"/> 7 km	<input type="checkbox"/> 8 km
<input type="checkbox"/> 9 km	<input type="checkbox"/> 10 km	<input type="checkbox"/> 11 km	<input type="checkbox"/> 12 km
<input type="checkbox"/> 13 km	<input type="checkbox"/> 14 km	<input type="checkbox"/> 15 km	<input type="checkbox"/> 16 km
<input type="checkbox"/> 17 km	<input type="checkbox"/> 18 km	<input type="checkbox"/> 19 km	<input type="checkbox"/> 20 km
<input type="checkbox"/> 21 km	<input type="checkbox"/> 22 km	<input type="checkbox"/> 23 km	<input type="checkbox"/> 24 km
<input type="checkbox"/> 25 km	<input type="checkbox"/> 26 km	<input type="checkbox"/> 27 km	<input type="checkbox"/> 28 km
<input type="checkbox"/> 29 km	<input type="checkbox"/> 30 km	<input type="checkbox"/> 31 km	<input type="checkbox"/> 32 km
<input type="checkbox"/> 33 km	<input type="checkbox"/> 34 km	<input type="checkbox"/> 35 km	<input type="checkbox"/> 36 km
<input type="checkbox"/> 37 km	<input type="checkbox"/> 38 km	<input type="checkbox"/> 39 km	<input type="checkbox"/> 40 km
<input type="checkbox"/> 41 km	Sunday, Oct. 11		<input type="checkbox"/> 42.2 km

Healthy Eating Tracker

5 A DAY

<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Check off every serving of fruit or veggies... Apples, beans, carrots, orange, bananas etc.

Download more trackers at www.royalvictoriamarathon.com

Hand in your completed Tracker at the RVM Race Expo for your Thrifty Foods Kids Marathon finisher certificate.



Distance: 1.2 km. Route: Kingston/Menzies, Montreal, Quebec, Pendray, Belleville and finish in front of the BC Legislative Buildings.

Where Do We Pick Up Our Shirts And Goody Bags?

You can pick up your child's shirt, race number (NEW for 2009) and goody bag at the RVM Race Expo held at the Victoria Conference Centre on Friday, Oct. 9 from 3:00 - 7:30 pm or Saturday, Oct. 10 from 9:00 am - 6:00 pm. The pickup location will be inside the Expo area at the KidSport booth. Kids packages are not available on Race Day.



THRIFTY FOODS™

Kids Marathon-Kids Run



Sunday, October 11, 2009

10:15 am

Presented by



Sponsors



www.royalvictoriamarathon.com

Register for the Thrifty Foods Kids Marathon - Kids Run benefiting KidSport

Every Participant in the 1.2 km Run will receive:

- ▶ Official Run Shirt and Race Number
- ▶ Finisher Medal
- ▶ Post-Race Snacks
- ▶ Be entered in the draw on race day to win one of 4 bikes from Oak Bay Bicycles. You must be present at the start line to win.

Enter a School Team

- ▶ Every school with 10 or more runners will have their school name on the back of their race shirts. Register your school online.
- ▶ The school with the most runners registered by Sept. 23, 2009 will win \$1,000 worth of sports equipment for your school.

KidSport Greater Victoria

- ▶ Our goal is to ensure that kids in financial need have access to the positive experience of sport and physical activity.
- ▶ Since June 2002 we have paid sport registration fees for over 2,100 kids through community grants; we have touched the lives of over 30,000 kids.
- ▶ To find out more about how we help and how you can donate go to www.kidsportvictoria.ca



THRIFTY FOODS™
Kids Marathon - Kids Run

REGISTRATION FORM
SUNDAY, OCTOBER 11, 2009
10:15 AM START - KINGSTON ST & MENZIES ST



One Entry Per Person

First Name _____

Last Name _____

Address _____

City _____ Province / State _____

Postal Code / Zip _____ Country _____

Sex: M F Date of Birth YR / MO / DA

Age on October 11, 2009 _____

Circle Shirt Size (Youth Sizes) YS YM YL

Circle Shirt Size (Adult Unisex Sizes) S M L XL

Phone (evening) _____ (day) _____

Email Address _____

Has your School registered a team? Yes No

If Yes, the name of your School _____

If No, and your school plans to enter a team ask the teacher in charge to go to:

www.royalvictoriamarathon.com/events/kidsrun.php to register your school team. The school with the most runners registered by Sept. 23, 2009 will win \$1,000 worth of sports equipment.

Any Current Medical Problems / Medications: _____

WAIVER OF LIABILITY

In consideration of your accepting this entry, I the undersigned, intending to be legally bound hereby, for myself, my family, my heirs, executors and administrators forever waive, release and discharge, any and all rights and claims for damages and causes of suit or action that I may at any time have against the Victoria Marathon Society, Royal Victoria Marathon, City of Victoria, Municipality of Oak Bay, all Victoria Marathon race committee persons, officials and all volunteers and all sponsors of the Thrifty Foods Kids Run and of the marathon and KidSport Greater Victoria for any injury suffered by me as a result of participating in this event. I attest that I am physically fit, am aware of the dangers and precautions that must be taken when running in warm or cold conditions, and have sufficiently trained for the completion of this event. I consent to photographs being taken of myself and my child participating in the Thrifty Foods Kids Run and I agree that such photos may be displayed by KidSport Greater Victoria, Royal Victoria Marathon and Thrifty Foods on their websites and in medium to promote the race.

Signature of Parent/Guardian _____

X _____ Date _____

Print name _____

REGISTRATION

Number of entries is limited to 1,000. Sorry, no refunds, transfers or deferrals. Parent/Guardian welcome to accompany children for the run.

ENTRY FEE: \$15.00
Donate \$\$\$ to KidSport: \$ _____
Total payment: \$ _____

METHOD OF PAYMENT

- Cash (Do not enclose cash if registering by mail)
- Cheque (payable to the Royal Victoria Marathon)
Sorry, no post-dated cheques accepted
- Money Order (CAN)
- VISA MasterCard

Card Number: _____

Expiry Date: (mm/yy) _____

Name on Card: _____

Signature: _____

Phone # of cardholder: _____

REGISTER ONLINE (until Oct. 8 at noon)

www.royalvictoriamarathon.com/events/register.php

MAILING ADDRESS

Royal Victoria Marathon
Box 675, 185-911 Yates St., Victoria, BC, V8V 4Y9, CANADA
Phone: 250-658-4520 Email: info@royalvictoriamarathon.com

IN PERSON

Drop off entries at Frontrunners Footwear until Oct. 7 at 5:00 pm
1200 Vancouver Street, Victoria, BC

Or the RVM Race Expo
Fri, Oct. 9 3:00 - 7:30 pm or Sat, Oct. 10 9:00 am - 6:00 pm
720 Douglas Street, Victoria, BC

Office Use Only

Auth: _____ Initials: _____

