



W^{interstart}

BANFF WINTERSTART 5 MILER NIGHT RUN

Saturday, November 7, 2009
7:00 pm

RACE INFO LINE # 403-228-3782 or 403-284-4339

E-mail: winterstartnightrun@canada.com

On line registration at www.TheTechShop.ca
and www.eventsonline.ca

***** Entries are LIMITED to 1,100 participants*****
(This race fills up fast, so get your entry in early)

Sponsored by



BANFF WINTER START

5 MILER NIGHT RUN

LOCATION

The race starts out from the front of the Banff Caribou Lodge, 521 Banff Ave, running on an out and back course along Banff Ave. and Tunnel Mountain Road. Participants carry "Glo Sticks" and can enjoy refreshments, awards and draw prizes in the lodge following the race. You must be present to win the draw prizes.

ENTRY FEE

\$45.00 prior to **October 1, 2009**

October 1, 2009 up to and including race day the entry is **\$50.00**.

The first 500 to register for the race will receive a long sleeve Winterstart Sweat Top. The remaining participants will receive log sleeve T-shirts. Sizing is not guaranteed and unclaimed shirts will be sold after the race.

REGISTRATION

On line registration at www.eventsonline.ca

Mail or drop entry form and fee payable to:

Banff Winterstart Night Run
c/o The Tech Shop, 2415 - 4th St. SW, Calgary, AB. T2S-1X5 or their North location at
3855-19 Street N.W. Calgary, AB T2L-2B3

Event information - www.thetechshop.ca

Deadline for mail is October 25, 2009.

Entries can be dropped off at the Banff Caribou Lodge accompanied by cheque or money order only!

RACE KIT PICK-UP

Thursday November 5, 2009 4:00 pm - 8:00 pm

The Tech Shop Calgary (North location) 3855-19 Street N.W.

Friday November 6, 2009 12:00 and on - 8:00 pm

The Tech Shop Calgary - 2415 - 4th Street S.W.

November 7, 2008 2:30 pm - 6:30 pm

The Banff Caribou Lodge

Please try and pick up your race package during package pick-up at The Tech Shop.

You may not receive the Sweat Top or T-Shirt size you requested if you wait to pick up in Banff on race day.

All proceeds of the Banff Winter Start Night Run support the



BANFF ALPINE RACERS

AND

THE BOW VALLEY QUIKIES SKI CLUB

The Banff Quikies Ski Club was formed in 1978 to provide basic ski instruction for children in the Banff area. **The Banff Alpine Racers Ski Club** was formed shortly thereafter to create a competitive skiing program for graduates of the Quikies program. In 1992, the Banff Quikies Ski Club was renamed the Bow Valley Quikies Ski Club to more accurately reflect the home base of the membership. Hundreds of children have been involved over the past two decades and the program has produced a number of skiers who have been successful at national and international levels. Most importantly, the children involved in the program have made new friends, improved their skiing skills, and learned to enjoy and respect our mountain environment.

Over the last several years our club has experienced a growing membership in our Quikies program where these young skiers gain the skills to compete successfully in races and develop a life-long love of the sport of skiing. BAR membership has grown as well and we offer a full continuum of juvenile and junior programs.

The **Bow Valley Quikies Ski Club** and **Banff Alpine Racers** continue to represent the Bow Corridor as ambassadors of both tourism and sports excellence. The Bow Valley attracts skiers, both young and old, ready to learn the fundamentals. The Bow Valley also recognizes skiing as one of the Rockies' premier industries. Ski racing success, be it past, present or future, has directly or indirectly benefited the community.

*****Remember...race numbers to be visible and worn on the front*****

2009 BANFF WINTER START 5 MILE NIGHT RUN ENTRY FORM

(PLEASE PRINT)

Last Name: _____ First Name: _____
Phone # () _____ - _____ Email address: _____
Address: _____ City/Town: _____ Prov. _____
Postal Code _____ - _____

Sex:	Age:	T-Shirt Size:	Sweat Shirt Size:
<input type="checkbox"/> Male	<input type="checkbox"/> 14 and under	<input type="checkbox"/> SM	<input type="checkbox"/> SM
	<input type="checkbox"/> 15 - 19	<input type="checkbox"/> MED	<input type="checkbox"/> MED
	<input type="checkbox"/> 20- 29	<input type="checkbox"/> LRG	<input type="checkbox"/> LRG
<input type="checkbox"/> Female	<input type="checkbox"/> 30 - 39	<input type="checkbox"/> XLRG	<input type="checkbox"/> XLRG
	<input type="checkbox"/> 40 - 49		
	<input type="checkbox"/> 50 - 59		
	<input type="checkbox"/> 60- 69		
	<input type="checkbox"/> 70+		

MAKE CHEQUES PAYABLE TO BANFF WINTERSTART NIGHT RUN **ENTRY FEE NON-REFUNDABLE**

RELEASE AND INDEMNITY: In consideration of your acceptance of this race entry, I for myself, my heirs, executors, administrators and assigns, forever waive, release discharge any and all rights, demands, claims for damages and causes of suit or action known or unknown, that I may have against Banff Caribou Lodge and Banff Lodging Company, Forzani's Tech Shop and Forzani's Group Ltd., Banff Alpine Skiers, Bow Valley Quickies, Results Canada, Events on Line, Banff National Park, the town of Banff, HER MAJESTY in right of Canada, and any and all participating race sponsors, supporters, directors, officers, employees and agent of such parties, for any and all injuries, in any manner arising or resulting from my participation in said race. I attest and verify that I have full knowledge of the risks, that I will assume and pay my own medical and emergency expenses in the event of an accident, illness or other capacity, regardless of whether I have authorized such expenses and that am physically fit and sufficiently trained to participate in this race.

Signature

Signature of parent or guardian

ACCOMMODATIONS 2009

The FOX HOTEL & SUITES

1 block from start & finish line. Cave & Basin inspired Hot Pool. Chili's Restaurant.

Hotel Room (sleeps 4) - **\$124.00**, per night
One Bedroom Courtyard Suite (sleeps 4) - **\$139.00**, per night
Two Bedroom Courtyard Suite (sleeps 5) - **\$179.00**, per night.

BANFF CARIBOU LODGE & SPA - \$98.00 per standard room

Red Earth Spa & large indoor jetted hot pool & steam room. Keg Steakhouse.

INNS OF BANFF - \$91.00 per superior limited view room

1 ½ blocks from start & finish line. Giant outdoor hot pool, indoor pool, whirlpool & saunas. Wildfire Grill & Bear's Den Pub

BANFF PTARMIGAN INN - \$94.00 per standard room, per night

Two Jacuzzis, steam room & sauna. The Meatball.

HIDDEN RIDGE RESORT

NEW HOT POOLS and **sauna overlooking valley.** All units have wood burning fireplace, living room, full kitchen.

\$119.00 per deluxe one bedroom unit with one queen

\$134.00 per deluxe one bedroom unit with two queens

\$194.00 per deluxe one bedroom + loft bedroom unit

\$254.00 per Premiere two bedroom + loft bedroom unit, quad

DISCOUNTED RATES ALSO AVAILABLE AT:

DRIFTWOOD INN * SWISS VILLAGE * RUNDLE MANOR APARTMENT HOTEL

Book 2-nights & receive **\$25.00 Friday Night Meal Credit** for the **KEG, CHILI'S, The MEATBALL** or the **BEAR'S DEN PUB.**

Rates valid Nov 6 & 7, 2009 only.

All rates are per night, based on sgl/dbl occupancy, unless noted. Additional person charges apply.
Space availability basis.

Minimum night stay policy may apply.

Rates subject to 4% Tourism Levy, 2% TIF and 5% G.S.T.

FOR RESERVATIONS:

Call 1-800-563-8764 or Visit www.bestofbanff.com/winterstart-race