

### Bring your friends & family for a no frills run

- no race number
- no official timing
- no results

### But there will be...

- a pleasant route through the Pacific Spirit Park trails
- good company
- refreshments on-site at the finish after the run

### Event Information

Date: **Sunday, December 3, 2023**  
**8:30 a.m. Run/Walk Start**

### Start & Finish for 3 km Walk or 8 km Run

**Southlands Elementary School**  
**5351 Camosun Street**  
**Vancouver, BC**

### Registration Information

- 1) Complete the attached registration form

Mail or drop off at:

**The Run Inn**  
**2331 West 41st Ave**  
**Vancouver, BC**  
**V6M 2A3**  
**604.267.RUNN (7866)**

- 2) Day of race registration at tent outside Southlands Elementary School

**THE**  
**RUNINN**  
[www.runinn.com](http://www.runinn.com)



**BC**  
**CAN**  
**CER** FOUNDATION

## Registration Form

Registration is by voluntary donation to



Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Province \_\_\_\_\_

Postal Code \_\_\_\_\_

Phone \_\_\_\_\_

e-mail \_\_\_\_\_

☐ Check this box if you would like to receive emails from the BC Cancer Foundation about research breakthroughs, latest news and events, and fundraising initiatives.

Donation Amount \$ \_\_\_\_\_

Donations made payable to: **BC Cancer Foundation**

\* Please include Run Inn the Woods in the memo line

\* Tax receipts issued for donations of \$10 or more

### Waiver (Must be signed)

In consideration of the Organizers accepting this entry, I hereby for myself, my heirs, executors and administrators, waive and release any and all right and claim for damages of any sort I may have against the Organizers and Sponsors, their agents, representatives, successors, and assigns, for any and all injuries suffered by me at this Event, or damages sustained by me as a result of this Event for any cause whatsoever, including negligence. It is expressly understood by the undersigned that this Event is entered into at the sole risk of the undersigned and that the Organizers and Sponsors of the Event 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.

\_\_\_\_\_  
Runner's/Walker's Signature (Parent's signature if under 19)

Date \_\_\_\_\_

## Donation, Fundraising Information

### Online Donations

If you or your supporters would like to make a donation online, please follow this link:

[www.bccancerfoundation.com/runinthewoods](http://www.bccancerfoundation.com/runinthewoods)

Donations over \$10 will receive an electronic tax receipt via email.

### Offline (Cash and Cheque) Donations

***Please note that offline donations will be accepted until Sunday, December 17th, 2023***

New and completed pledge sheets can be picked up and dropped off at the Run Inn. Donations in the form of cash, or cheque made payable to the BC Cancer Foundation can be mailed or dropped off at:

**The Run Inn  
2331 West 41st Ave  
Vancouver, BC  
V6M 2A3**

*Tax receipts will be issued for offline donations of \$10 or more. Please ensure that your details on the registration form are complete, including a full name, mailing address, and phone number.*

*Please include a valid email address if you wish to receive an electronic tax receipt.*

## The Story

This year marks the 26th annual Run Inn the Woods. Last year we celebrated a major milestone, reaching our 25th Anniversary! Who could have thought our event would carry so far. Now we are excited to push further and keep raising the bar.

Many of you are familiar with the story. Run Inn the Woods started as a memorial run for our good friend Barry Allcock who passed away in 1997 after a long battle with cancer. Barry loved to run but more importantly, he loved to run while in the company of good friends. It is in this spirit that we remember and celebrate with Run Inn the Woods.

Over the years the Run Inn has lost other friends to cancer. Friends who shared the same spirit as Barry. With fond memories we remember Carrie Beaman (2002), Mike Holyk (2012), Scott Jackson (2015), Devi Ralla (2017) and Jane Kirkham (2019).

Since its inaugural run in 1998, Run Inn the Woods has raised over \$228,000 in donations. It is the longest running, independently managed, community based fundraising event for the BC Cancer Foundation.

We invite you to come out and share in the spirit of running with family and friends.

**THE  
RUNINN**