

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: **Saturday, November 15, 2025**
8:30 am 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

THE
RUNINN

Saturday, November 15, 2025
8:30 am Run Start

28th
Anniversary

2025

RUN INN

THE
WOODS

All proceeds to

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 use the QR code or follow this link:



<https://bccancerfoundation.com/RunInn2025>

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 Saturday, November 15th, 2025

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 28th annual Run Inn the Woods. Since the inaugural run in 1998, our event has raised over \$326,659 in donations.

It is the longest running, independently managed, community-based fundraising event for the BC Cancer Foundation. We are so proud of what we have achieved.

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).

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

**THE
RUNINN**