

## WHERE TO STAY



The Penticton Ramada, located at 1050 Exkhardt Ave West is offering a preferred rate to participants of the Trout Creek Run. To book your standard room (\$79.00 + taxes) call the Ramada at 1-800-665-4966 and quote group number 3683. The number if you're calling from the local calling area is 250-492-8926. This rate is in effect until October 20th.



For the more budget conscious, the HI Penticton hostel is located at 464 Ellis Street. Private rooms are \$51.75 per night (tax included) based on double occupancy. Or, book a dorm bed for only \$20.00 per night. Call 1-866-782-9736 to book your hostel room.

## CONTACT INFO

Fax or mail our entry form to:

Trout Creek Run  
Cheryl Lowery, race director  
P.O. Box 36022, Bankview RPO  
Calgary, AB T3E 7C6  
phone: 283-7064  
fax: 243-4252  
email: [cheryl.lowery@hihostels.ca](mailto:cheryl.lowery@hihostels.ca)

website: [www.hihostels.ca/running](http://www.hihostels.ca/running)

To view or order finish line photos:

Be There Communications  
Dave Lowery  
4811 15 Street SW  
Calgary, AB T2T 4B5  
phone: 243-9498  
fax: 206-7650  
email: [bethere@shaw.ca](mailto:bethere@shaw.ca)

website: [www.betherecommunications.com](http://www.betherecommunications.com)

*Personal information gathered for the purposes of race registration will not be given or sold to any other organization including event sponsors. Occasionally you may receive a brief email notice about other events being hosted by Hostelling International. Opt out instructions will always be included.*

# THIRD ANNUAL Penticton to Trout Creek trestle run



sunday,  
november 22, 2009  
10:00 a.m.

We all know that the running season doesn't end when colder weather arrives but it seems like the races do; the Trout Creek trestle run is your opportunity to get one final race in the Okanagan Valley before the season really ends. This race is a fundraiser for Hostelling International - Canada - Pacific Mountain Region.



All registrations are non-refundable. You may transfer your entry to another runner by notifying the race director before November 15, 2009. Entry fees must accompany your entry form. Please make cheques payable to True North Hostelling.

\$50.00 entry fee

First name: \_\_\_\_\_

Last name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Prov: \_\_\_\_\_ PC: \_\_\_\_\_

Home phone: \_\_\_\_\_

Work phone: \_\_\_\_\_

Email: \_\_\_\_\_

Gender: M F Age on race day: \_\_\_\_\_

T-shirt size: XS S M L XL  
*sizing not guaranteed*

Extra meal tickets \_\_\_\_\_ x\$15

Method of payment (please circle)

cheque visa mastercard cash

CC number: \_\_\_\_\_

Expiry date: \_\_\_\_\_

Name on card: \_\_\_\_\_

Signature: \_\_\_\_\_

Please read carefully & sign below:

I acknowledge that participation in the sport of running, including my participation in the Penticton to Trout Creek trestle run (the "event"), may result in personal injury to myself due to the endurance nature of the sport and the inherent risks associated with running, especially on public roads or pathways and in varying weather conditions. I fully accept these risks.

In consideration of my participation in the event, I hereby release Hostelling International, its members, officers, directors, employees, sponsors, volunteers, and sanctioning bodies from all claims including any causes of action resulting from any personal injury, loss, illness or death I might suffer from participation in the event.

## THE COURSE

Join us for this unique 25km (ish) race in Penticton. The run starts on the pathway alongside the canal then turns onto the Kettle Valley Railway trail (on the west side of Penticton) after about 1km. The KVR trail is not paved. The route then follows the KVR trail for several kilometres to cross over the Trout Creek trestle. You then turn around and run back to the start. The views are spectacular in both directions and particularly as you cross the trestle. Shortly after you turn onto the KVR trail you will have a 2% grade all the way to the trestle with a couple of flat bits to give you hope! But remember, what goes up, must come down so you'll enjoy that gentle 2% grade all the way back to the channel path.

**Start/finish:** staging is at the Ramada (1050 Eckhardt Ave West). You will walk a short distance from the Ramada to the pathway for the start of the race and again from the path to the Ramada after you finish.

**Aid stations:** there will be a total of 3 aid stations on the course providing water and Powerade

**Post race meal:** all runners will receive a post race meal at the Ramada. A beer ticket will be included in each of your race bags. Extra meal tickets are available for purchase with your entry form or at the race finish.

## REGISTRATION

There are three ways to register:

- online at [www.eventsonline.ca](http://www.eventsonline.ca)
- by faxing or mailing this form to the race office
- by dropping off your entry and payment at Peach City Runners

## RACE PACKAGE PICK UP

Race packages can be picked up at Peach City Runners (214 Main Street) at the following times:

Friday, November 10, 9:30 am - 5:30 pm  
Saturday, November 21, 9:30 am - 5:30 pm

Race day package pick up is available one hour before race start by request.

