

**THIRD ANNUAL
UNCHAGA: Run in Peace**
5K Walk and Run/10K Run/20K Run
Starting at Shaftesbury Ferry
Grimshaw, AB
April 25, 2010
Start time 10:00 am

BACKGROUND

Unchaga is the Cree word for Peace. Run in Peace begins at the Shaftesbury ferry and follows the scenic and historic Shaftesbury Trail along the Peace River. The history of the trail begins with the Beaver and Cree Nations, continues through Alexander McKenzie on to settlement in more recent times. As with the past races, we hope to begin the race with a First Nations Blessing.

All distances are out and back. Both the 5K and 10K include a minor hill along the Shaftesbury Trail and would be moderate in difficulty. The 5K turns at the bottom of this hill and the 10K turns at the Brick's Hill turn-off. However, the 20 K proceeds up Bricks Hill, a 600 foot gain over 3.5 K, which will make this run a challenge. Those who have completed the 20 K have indicated that it rivals many of the toughest half marathons in the province. The payback for climbing Brick's Hill is turning around to a downhill run where you have a great view of the Mighty Peace.

Awards consist of participant medallion dog tags. Gold for completing the 20K, Silver for the 10K and Bronze for the 5K. Other awards will depend on donations.

Profits, if any, will be donated to the Peace River Womens' Shelter. All profit from 2008 was donated to the Grimshaw and District Agricultural Society for the maintenance of the trails in Wilderness Park. The Weekend to End Breast Cancer received the 2009 profit.

Age Categories both male and female:

19 and under
20-29
30-39
40-49
50 and over

Registration Fees: \$25.00/runner

Please make cheques payable to "The Wapiti Striders"

Email registration forms to whyte0f@telus.net or stacy.p@telus.net

Snail mail: Cal White, Box 311, Grimshaw, AB, T0H 1W0.

Stacy Parsons, Box 1856, Grimshaw, AB, T0H 1W0.

After work Phone: (780) 617-4081 (Stacy) (780) 332-1102 (Cal)

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REGISTRATION FORM

First Name: _____ Last Name: _____

Address: _____ Phone #: _____

City/Postal Code: _____

Birth-date: _____ Age on Race Date: _____ M / F (please circle)

Category: 5k or 10k or 20K (please circle)

Registration Fees: \$25.00/runner

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In consideration of your accepting this entry, I hereby for myself, my heirs, executors and administrators, waive and release Wapiti Striders, Municipal District of Peace River, sponsors, the organizers, their agents, representatives, successors, and assigns for any and all injuries suffered by me in the said event. In addition, I agree to let my name, picture, and/or results be published and/or broadcast in the media and/or on the Internet.

Signature of athlete or parent/legal guardian: _____

Date: _____