



The Victoria Highland Games Association
Presents
The Kilted Mile Run

Saturday, MAY 16, 2009 – 1:00 pm – Topaz Park, Victoria, BC

When you speak of the Scottish Highland Games, one image that comes to mind is that of a large man in a kilt, as broad as he is tall, running while supporting in his cupped hands, something that resembles a utility pole, propped on his shoulder in a vertical position, until he plants his feet and flips it end over end.

But some of us are built more like "greyhounds" than "draft horses" and would love the opportunity to participate in the Scottish Highland Games. That's where this competition comes in!

The Kilted Mile is, quite simply, a mile run in a kilt. This is a **fun** event. Bagpipers will provide motivational music along the course. The course will be run inside Topaz Park and will be completely closed to traffic.

Cash Awards: \$100, \$75 & \$50 will be awarded to the overall first, second and third place Lads and Lassies.
Age Group Awards (medals): To the top three lads and lassies in these age categories: 15 & under, 16-30, 31-45, 46-60, 61 & over.

Also a special award **** **Best Dressed Kilt** ***** be creative!

You must wear a kilt But they need not be authentic, let your imagination go wild. (A limited number of kilts will be available for use at the event). Shoes must be worn during the event.

REGISTRATION:

Pre-registration until May 14 th	(no t-shirt)	\$10.00
Pre-registration until May 14 th	(with t-shirt)	\$15.00
Race Day Registration (10:30 am to 12:00 noon only)	(no t-shirt)	\$15.00

Numbers can be picked up between 10:30 am to 12:00 noon on Saturday, May 16th, at Topaz park.

Detach and mail entry to: **VHGA Kilted Mile Run**
c/o 2775 Grainger Rd, No.14
Victoria, BC V9B 3K7

___ \$10.00 Pre-registered Runner (prior to May 14th)
___ \$15.00 Pre-registered Runner (prior to May 14th) with t-shirt (Unisex Size: __XL __L __M __S)
___ \$15.00 Race-day Registration Runner (10:30 am to 12:00 noon only)

Please make Check payable to: VHGA

What do your friends call you? _____ Age (no fibbing) _____

Where do you live? _____ City _____

Telephone: _____ Are you a Lad? _____ or Lassie? _____

In consideration of your accepting this entry, I hereby for myself (son/daughter), heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the organizers, sponsors, the Victoria Highland Games Association, and City of Victoria in which the event is contested, their representatives, successors and assignees for any and all injuries, suffered by me (my son/daughter) in said event. I further certify that I (my son/daughter) am (are) physically fit, having sufficiently trained for this event, and had my physical condition verified by a licensed Medical Doctor. Further, it is hereby agreed that I release the rights to the condition use of whatever photographs I might be a part of, without compensation or remuneration.

Signature _____ (Parent/Guardian must sign if under 18)