

# Canada Day

Post Race Snacks

Change Facilities  
close by

Draw Prizes

# DASH

Location:  
Zwicks  
Park West  
Belleville, ON



km

## Fun Run



Medals to top three 5km  
runners in all categories.

**NEW! FREE 1KM WALK/RUN**

## Wednesday, July 1, 2009 10:00am

Mail Entries to:  
Belleville Runners' Club  
290 Farley Ave.  
Belleville, Ontario K8N 4M1

contact: Eric Lindenberg (613) 962 1333  
www.redballradio.com  
eric@redballradio.com

Entry Fee (5k) **\$7.00**

Souvenir CoolMax  
Running Cap (extra) **\$8.00**

Only 40 hats available, register **NOW!**

Name: \_\_\_\_\_ Race Day Age \_\_\_\_\_ Sex \_\_\_\_\_ e-mail \_\_\_\_\_

Street \_\_\_\_\_  
City \_\_\_\_\_ Prov \_\_\_\_\_ Postal Code \_\_\_\_\_

WAIVER: In consideration of your accepting this entry, I/We hereby for myself/family, heirs, executors and administrators waive and release any and all rights and claims for damages I/ We may have against the Belleville and District Runners Association, their agents, representatives and assigns, the City of Belleville, and the BBIA for any and all injuries that may be sustained by competing in or travelling to or from said event.

Circle your category

Belleville and District Runners Association  
290 Farley Ave.  
Belleville, Ontario  
K8N 4M1

Participant's Signature \_\_\_\_\_

Parent's Signature if under 18 years of age \_\_\_\_\_

Age Dec 31/09  
**Male - Female**  
A 13 and under C  
B 14-18 D  
E OPEN F