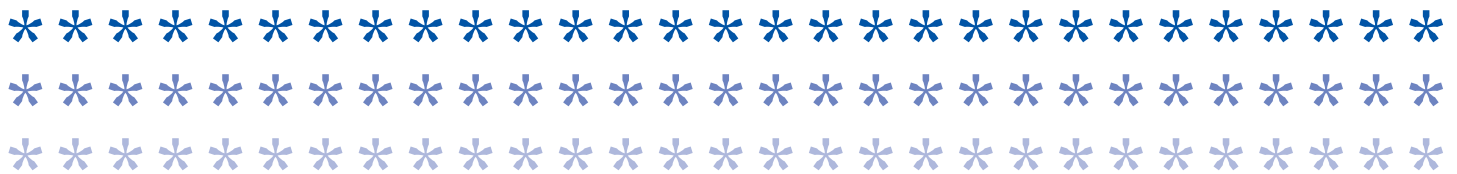
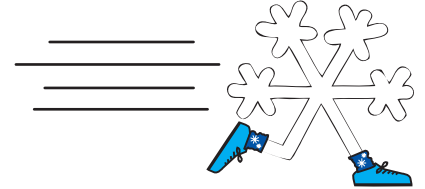


Snowflake Shuffle



5 km Run

February 17/08 • 10 am Start

Riverside Trail Belleville (Starts North of City Hall, then moves to trail)

Entry Fee: \$10 (includes a Goody Bag)

Pancake Brunch (pancakes, sausages, coffee or juice)
Bren's Bakeshop & Café • 10 am – 2 pm Cost: \$6/person



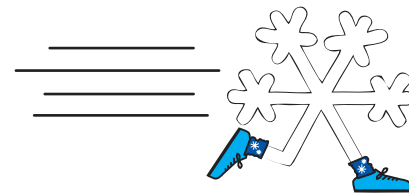
Pre-Register At:

- Cucina Freeman's*, Div. of Freeman's Winemaking, Belleville • 613-966-9972
- Tri and Run Sports* Trenton • 613-392-7752
- One To One Health and Fitness* Belleville • 613-962-2032
- Red Ball Radio* Belleville • 613-962-1333
- Bren's Bakeshop* Belleville • 613-961-8507

Contact Information:

Janet Foran-Goneau at *Cucina Freeman's* • 613-967-1888 / Sandy Musson at *Tri and Run Sports* • 613-392-7752

Snowflake Shuffle



5 km Run * Riverside Trail Belleville * February 17/08 * 10 am Start

REGISTRATION FORM

NAME: _____

ADDRESS: _____

TELEPHONE: _____

EMERGENCY CONTACT: _____

EMAIL ADDRESS: _____

DIVISION: Male ___ Female ___ Age ___

INFORMED CONSENT

In consideration of my acceptance of this entry, I hereby for myself, Heirs, executors and administrators waive and release any and all rights and claims for damages I may have against Cucina Freeman's and/or Tri & Run Sports, their agents, representatives and assigns, the City of Belleville, The Ontario Road Runners Association, for any and all injuries that may be sustained competing or travelling to and/or from said event. I fully understand that I may injure myself as a result of my participation in this race and I hereby affirm that I have read and fully understand the above.

SIGNATURE: _____

DATE: _____