

Snow- flake SHUFFLE



5KM RUN

Sunday, February 21, 2010 – 10 AM Start

STARTING LINE:

Riverside Trail, Belleville,
directly across from City Hall

REGISTRATION:

9:30-9:50 AM Market Square, behind City Hall

ENTRY FEE:

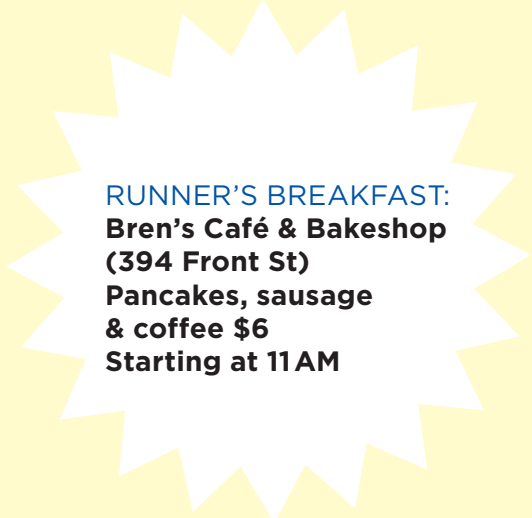
**\$20 with all proceeds going to
THE CONQUER CANCER QUINTE TEAM**
There are nine local riders participating in the 2010
Ride to Conquer Cancer as part of the "Quinte Team".
EACH RIDER is required to raise \$2500 and bike
from Toronto to Niagara Falls. The proceeds from the
Snowflake Shuffle will be donated entirely towards
the team's obligation. www.conquercancer.ca

PRE-REGISTER AT:

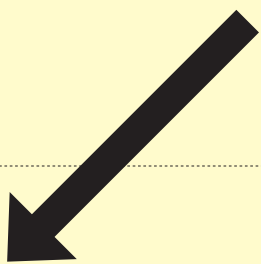
Cucina Freeman's of Freeman's Winemaking & Brewing
613 966 9972/cucina@freemans.ca
Tri and Run Sports - 613 392 7752
One To One Health and Fitness - 613 962 2032
Red Ball Radio - 613 962 1333
Bren's Bakeshop - 613 961 8507

CONTACT INFORMATION:

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



RUNNER'S BREAKFAST:
Bren's Café & Bakeshop
(394 Front St)
Pancakes, sausage
& coffee \$6
Starting at 11AM



REGISTRATION FORM:

NAME _____

ADDRESS _____

TELEPHONE _____

EMERGENCY CONTACT _____

EMAIL ADDRESS _____

DIVISION M/F ___ 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 _____