

Belleville Runners' Club

29th Annual Spring Race



SPRING THAW '07



10km and 4km Road Race

Sunday May 13 2007 10:00am New Time

Race Day Registration: 8:30am -9:30am

Pre-register by May 5th and receive a Souvenir T-Shirt

Mail Entries to:

*Belleville & District Runners' Association
290 Farley Ave.
Belleville, Ontario K8N 4M1*

New Location

South George St Pier,
Bayshore Trail, Belleville

Change Facilities Available

Contact:

Eric Lindenberg (613) 962 7709
e-mail: eric@redballradio.com
website: www.redballradio.com

Entry Fee: 19 and under \$15.00
19+ \$25.00
Race Day Entry Fee (no shirt) \$20.00

Proceeds to the
YMCA Summer Camp

Medals to top 3 competitors in each age category. Certificates available for all finishers

Circle your category

Name : _____ Age Race Day: _____

Sex: _____ T- Shirt Size M_ L_ XL_

Address: _____

email address _____

Waiver: In consideration of your acceptance of 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, The Belleville Family YMCA, The Ontario Road Runners Association, for any and all injuries that may be sustained competing or travelling to or from said event.

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

Participant's Signature

Parent's Signature if under 18 years of age

Male 10km Female

A	19 under	G
B	20-29	H
C	30-39	J
D	40-49	K
E	50-59	L
F	60+	M

Male 4 km Female

N	14 under	Q
P	14+	R