Belleville Runners' Club

SPRING THAW 2010

Sunday
May 9
2010
10:00am

10km & 4km Road Race

32ND ANNUAL SPRING RACE

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

Pre-register by April 26 and receive a swell technical polyester T-Shirt

South George St Pier, Bayshore Trail, Belleville
Change Facilities Available

Mail or Drop off Entries to:
Belleville Runners' Club
c/o Red Ball Radio Ltd.
6 North Front St
Belleville, Ontario K8P 3A7

Contact:
Eric Lindenberg (613) 962 1333
e-mail: eric@redballradio.com
website: www.redballradio.com

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

Map and Directions at
www.redballradio.com

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