

Canada Day Dash

Location:
Zwicks
Park West
Belleville, ON

Post Race Snacks
Change Facilities
close by
Draw Prizes



5 km Fun Run **FREE 1KM WALK/RUN**

Medals to top three 5km runners in all categories.

Friday, July 1, 2011 10:00am

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

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

Entry Fee (5k)
\$10.00

✂ -----
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

Age Dec 31/11
Male - Female
A 13 and under C
B 14-18 D
E OPEN F

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

Participant's Signature

Parent's Signature if under 18 years of age



Name: _____ Race Day Age _____ Sex _____ e-mail _____

Street _____

City _____ Prov _____ Postal Code _____

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