

# Belleville Runners' Club

## SPRING THAW 10k-4k

Sunday  
May 11  
2014

10:00am

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



**35th Annual  
Spring Race**

Fundraiser for  
YMCA Belleville  
and Adventure Class

Map and Directions at  
[www.redballradio.com](http://www.redballradio.com)

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

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

On the web:  
[www.raceroster.com](http://www.raceroster.com)

**Contact:**  
**Eric Lindenberg (613) 962 1333**  
**e-mail: [eric.lindenberg@gmail.com](mailto:eric.lindenberg@gmail.com)**  
**website: [www.redballradio.com](http://www.redballradio.com)**

**Draw Prizes and Food Provided.**  
Medals to top 3 in each age category.

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

**Pre-register by April 27 to  
receive a swell technical  
polyester T-Shirt**

Circle your category

Name : \_\_\_\_\_ Age Race Day: \_\_\_\_\_

Sex: \_\_\_\_\_ T- Shirt Size S\_ 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.

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c/o Red Ball Radio Ltd.  
6 North Front St.  
Belleville ,Ontario  
K8P 3A7

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	60-69	M
S	70+	T

**Male 4 km Female**

N	14 under	Q
P	14+	R