

Belleville Runners' Club

SPRING THAW 10k-4k

Sunday
May 10
2015
10:00am



36th Annual
Spring Race

Fundraiser for
Thomas Martin
and Adventure Class

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

Map and Directions at
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

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

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

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

Draw Prizes and Food Provided.
Medals to top 3 in each age 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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Participant's Signature

Parent's Signature if under 18 years of age

Mark your category	
Age	Distance
__ 19 under	
__ 20-29	__ 10k
__ 30-39	
__ 40-49	
__ 50-59	__ 4k
__ 60-69	
__ 70+	