## 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

<i>*</i>					
Name:		Race Day Age	Sex	e-mail	
Street				0:	
City	Prov	Postal Code		Circle you	r category _

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.

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

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Parent's Signature if under 18 years of age

Age Dec 31/11

Male - Female

 ${\sf A}$  13 and under  ${\sf C}$ 

14-18

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