

Canada Day Dash

15th Annual



Location:
**Zwicks
Park West
Belleville, ON**

5 km Fun Run

1 km Kids Run

**Medals to top 3
5km runners in
all categories.**

**Post Race Snacks
- Draw Prizes**

Monday, July 1, 2019 10:00am

Mail or Drop
Entries to:

Belleville Runners' Club
c/o Red Ball Radio Ltd.
6 North Front St.
Belleville, ON K8P 3A7

ONLINE at www.raceroster.com

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

Entry Fee (5k)

\$5.00 before June 25
\$10.00 after and Race Day
1km Kids Run - FREE

Race Day Registration 8:30-9:30



Name: _____ Race Day Age _____ email _____
Street _____
City _____ Prov _____ Postal Code _____

Circle your 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 Runners' Club, Belleville Canada Day Committee, The City of Belleville, their agents, representatives and assigns, for any and all injuries that may be sustained by competing in or travelling to or from said event.

Male - 5km - Female

A 19 and under H
B 20-29 J
C 30-39 K
D 40-49 L
E 50-59 M
F 60-69 N
G 70+ P



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Participant's Signature

Parent/guardian signature if under 18 years of age.

No registration required for 1km Fun Run