

# Belleville Runners' Club

## SPRING THAW

### 44th Annual 5K-10K Road Race Sunday May 7 2023 10:00am

1 South  
Foster Ave.  
Belleville

**New Location**

**New Distance**

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

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

Change Facilities Available


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

Register online:  
[www.raceroster.com](http://www.raceroster.com)  
  
Check our facebook  
page for updates

**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 Snacks Provided.**  
Medals to top 3 in each age category.

**Advance Entry Fees:** 19 under \$10.00  
19+ \$20.00

**After May 1st  and Race Day Entry:**  
19 under) \$15.00  
19+ \$30.00

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ Prov: \_\_\_\_\_ Postal Code: \_\_\_\_\_  
Gender: \_\_\_\_\_ Age(race day): \_\_\_\_\_ Shirt size: \_\_\_\_\_  
email: \_\_\_\_\_

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, Athletics Ontario, and Red Ball Radio Ltd. for any and all injuries that may be sustained competing in or travelling to or from said event.

\_\_\_\_\_  
Date Participant's Signature

\_\_\_\_\_  
Date Parent/Guardian Signature if under 18 years of age

**Mark your category**  
**Age Distance**

\_\_\_ 19 under  
\_\_\_ 20-29 \_\_\_ 10k  
\_\_\_ 30-39  
\_\_\_ 40-49  
\_\_\_ 50-59  
\_\_\_ 60-69 \_\_\_ 5k  
\_\_\_ 70+