

Sunday, October 16, 2011 at
Sydenham High School,

Proceeds benefit
The Parr Christie Singers



AWARDS!

- First place male/female
- Age Category awards
- Numerous draw prizes
- Post run food/drink

Indoor Facilities!

Stay warm for pre and post race activities inside Sydenham High School.

Online Registration at www.HealthandAdventure.com

Early Bird Entry (before July 15) - \$35.00

Standard Entry (July 16 - Sept 15) - \$40.00

Late Entry (after Sept 15) - \$50.00

* **Deluxe Sport Duffel Bag** for all who register prior to Sept 15/11. Race is capped at 275 runners so register early!

Course Description

The start is at the track in Sydenham. This picturesque 8km runs along the north shore of Sydenham Lake. The course is flat with the exception of two small hills. The surface is a combination of road and smooth trail. The turnaround is just past the bridge on Eel Bay.



PLEASE SEND CHEQUE PAYABLE TO:

Derrick Spafford, Race Director, 311 Freeman Rd, Yarker, Ontario K0K 3N0 Phone (613) 888-9902

Name _____

Age (race day) _____ Birthdate(d/m/y) _____ Male _____ Female _____

Address _____ City _____ Postal Code _____

Phone _____ Email _____

Waiver (please read and sign)

I know that running a Road Race is a potentially hazardous activity. I know I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risk and responsibility associated with running this event, including but not limited to falls, contact with other participants, the effect of weather (including high heat and/or humidity), traffic, and the condition of the road. All such risks being known and appreciated by me, having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the event organizers, Sydenham High School, the Township of South Frontenac and ALL SPONSORS, THEIR REPRESENTATIVES AND SUCCESSORS FROM ALL CLAIMS or liabilities of any kind arising out of my participation in this event.

Signature (parent or custodian if under 18) _____ Date _____