



COME RUN
OTTAWA'S ORIGINAL
CANADA DAY ROAD
RACES 25TH
EDITION

5K & 10K / 1K FUN RUN &
100 METRE TOT TROT



FRIDAY, JULY 1, 2011

SPONSORED BY BUSHTUKAH GREAT OUTDOOR GEAR

TO BENEFIT
THE KANATA FOOD CUPBOARD



LOCATION: Earl of March High School, Kanata, Ontario

FEES:

- Until June 9th**
- 5/10K – 18 years and under - \$20*
 - 19 years and older - \$30*
 - Tot Trot – No Charge
 - 1K Fun Run – \$5 at all times
- June 10th–29th**
- 5/10K – 18 years and under - \$20
 - 19 years and older - \$35
- June 30th**
- 5/10K – 18 years and under \$25
 - 19 years and older \$45
- Late Registration

Race registration for 5/10K races will include tech t-shirt and the 1K Fun Run participants will receive a cotton t-shirt.

Register online at www.runottawaclub.com

Registration closes at 11:59 p.m., Sunday, June 26.

* Run Ottawa Club members deduct \$5 off early registration fee only

DATE:

Friday, July 1, 2011.

LOCATION:

Earl of March High School, 4 The Parkway, Kanata Ontario. (directions at runottawaclub.com)

EVENTS:

- 10K: 8:00 a.m.
- 5K: 8:45 a.m.
- 100 Metres Tot Trot: 9:30 a.m. (children 4 years and under)
- 1K Fun Run: 9:45 a.m. (children 5 - 11 years)

AWARDS, COURSE AND DIRECTIONS:

Please visit runottawaclub.com

RACE KIT PICK UP & REGISTRATION:

Bushtukah Great Outdoor Gear Westboro

203 Richmond Road

- Tuesday, June 28th, 12 noon–6:00 p.m.

Bushtukah Great Outdoor Gear Kanata

5607 Hazeldean Road (in the Lowe's/Winners Mall)

- Wednesday, June 29th - 4 p.m.–8:00 p.m.
- Thursday, June 30th - 12 noon–8:00 p.m. (Last opportunity to register for 5/10K races)

Race Kit Pick Up on Race Day

7:00-8:30 a.m. – Earl of March High School

NO RACE DAY REGISTRATIONS FOR 5/10K RACES

COMMUNITY PARTNER:

Kanata Food Cupboard
kanatafoodcupboard.ca

Donations can be made via online registration at www.runottawaclub.com

Non-perishable food items can be dropped off on race day at the Kanata Food Cupboard tent.

PLEASE NOTE:

Due to insurance requirements baby joggers/strollers are not permitted in any event. This will be strictly enforced.

Contact – Joe Du Vall operations@runottawa.ca or 613-234-2221 or 613-292-7102.

REGISTER on-line at runottawaclub.com