Run Ottawa

BUSHTUKAH

THE RUN OTTAWA CLUB AND BUSHTUKAH PRESENT THE

JIM HOWE MEMORIAL
CROSS COUNTRY RACES

GLOUCESTER HORNET'S NEST

SUNDAY, OCTOBER 16, 2011

1660 Bearbrook Road

10:00 AM

5.5 km and 11 km cross country races through the woods at the Hornet's Nest, in memory of Jim Howe, who passed away in 1996. Jim was a long time local run club member, a respected member of the running community and was instrumental in helping to set p the Carleton sports medicine Clinic. Course conditions are dependent on weather conditions.

FEES

Entries received by October 7, 2011:
Run Ottawa Members $12 / Non-Members $17

October 8, 2011 to October 15, 2011:
Run Ottawa Club members $17 / Non-Members $22
Age 19 and under $10 at all times including race day

Race day entries $30

RACE DAY REGISTRATION AND KIT PICKUP

Gloucester Hornet's Nest,1660 Bearbrook Road
Time: 8:45 – 9:45 AM
Race Start: 10:00 AM

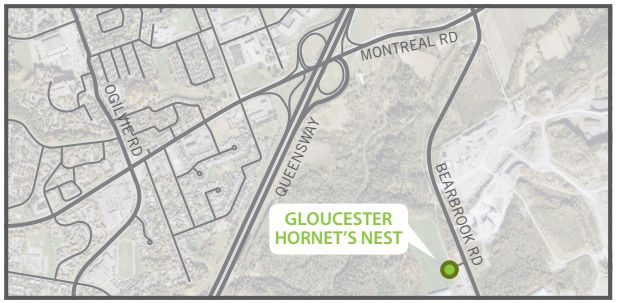
AWARDS

5.5 KM: 14 and under / 15-19 / 20-29 / 30-39 / 40-49 / 50-59 / 60-69 / 70+

11 KM: 19 and under / 20-29 / 30-39 / 40-49 / 50-59 / 60-69 / and 70+

WHERE

The Gloucester Hornet's Nest is located on 1660 Bearbrook Road in Blackburn Hamlet, approximately 1 KM south of St. Joseph Blvd. in Gloucester.



REGISTER online at **www.eventsonline.com**