



ELORA

Canada Day 5K Run/Walk + Kids' Dominion Day Dash

WEDNESDAY JULY 1ST, 2009

Join us for the race and, while in Elora, enjoy the Canada Day Parade and festivities. Explore and shop in one of Canada's prettiest towns.

"Elora.....a world away"

Race brought to you by:

And our Sponsors:



Vito's Pizzeria



In Support of 3 Great Causes:

Kn.E.C.T. (Knox Elora Care Team)

Local projects in the Elora-Fergus area and International projects in Nicaragua

Habitat for Humanity

Providing homes in Wellington County

"The Door"

Youth Centre in Fergus



The Races

Canada Day 5K Run/Walk

Start time: 9:00am.

Finish: 10:00am

Awards: 10:15am

Route: Begins at Bissell Park, Elora, follows beautiful back streets, takes in part of the Elora-Cataract trailway, and finishes at Bissell Park. (This is a timed and measured event)

Dominion Day Dashes (Kids 12 & under)

Take in the Canada Day Parade after the 5K, and stay around for the exciting Dominion Day Dashes. **After the parade at 12:00pm kids 12 and under can race by age groupings around our new closed race course in Bissell Park.**

Ages 10-12: 5 laps/1k, ages 7-9: 2.5 laps/.5k, ages 6 and under: 1 lap/.2k

Finish: 1:00pm

Awards: 1:15

Other Canada Day Activities

7:00-10:30am: Pancake Breakfast, downtown

8:00-10:00am: Soap Box Derby, downtown

11:00-12:00pm: Parade, downtown

12:00-1:00pm: Hot dog lunch, Bissell Park

1:30pm: Rotary Club "Duck Race", Bissell Park

Entries

5K: Free registration with minimum \$25.00 donation/pledges, \$30.00 on race day. (\$50.00 family includes maximum 4 persons).

Juniors (19&under) free registration with minimum \$20.00 donation/pledges, \$25.00 on race day. (All pledges due pre-race)

Dominion Dash: Free registration with minimum \$8.00 donation/pledges, \$10.00 on race day.

(All pledges due pre-race)

Make Cheques payable: Kn.E.C.T./Knox Elora

Sorry, no refunds.



Pledge Incentives

Please help our causes (Kn.E.C.T., Habitat for Humanity, and "The Door" youth center) by collecting pledges and submitting them on race day. See "Entries" for pledge amount minimums for free entry. Prizes for top pledge amounts for age categories 19 and over, 18 and under. Thank you for your support. See over for more information on these causes.

Registration/Race Kit Pick-up

Pre-Registration:

In Person: Grand River Running, 105 Queen St. W. in the Fergus Marketplace. Tues-Fri 10-6, Sat 10-5, Sun 12-4, Mon closed. Race kits available Jun 27,28,30. 519-843-8858

On-Line: www.runningroom.com click "races"

Mail: Mail in this form with fees/pledges to Mr. L. Smith/Kn.E.C.T., P.O. Box 1380, Elora, On, NOB 150. No cash, cheques payable to Kn.E.C.T./Knox Elora. Thank you.

Race Day Registrations:

Register, race kits available on race day 7:00-8:30am at booth in Bissell Park.

Awards

5K Run/Walk

- Award for **top pledge raisers**
- Free t-shirts for first 200 participants
- prizes for 1,2,3 m/f for each age group.
- Age groups 19 & under, 20 to 39, 40 to 59, 60+

Kids Dominion Day Dash -

- Award for top pledge raisers
- Free t-shirts for first 100 participants
- prizes for 1,2,3 for each age group
- participation prize for each participant
- Age groups: 10-12, 7-9, 6 and under
- Come out for a fun event for the kids!

Stick around for the Rotary "Duck Race"



