

ELORA

Canada Day 5K Run/Walk

+ Kids' Dominion Day Dash

FRIDAY JULY 1ST, 2011



A great family day!

Run or walk the 5k, enjoy the Canada Day Parade and activities, and then the kids compete in the Dominion Day Dashes

In Support of 3 Great Causes:
"The Door"

Youth Centre in Fergus

New charity to be chosen for 2011

Will be announced soon!

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

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



More info: www.knectcares.org events



The Races

Canada Day 5K Run/Walk

Start time: 9:00am.Finish: 10:00am

Awards: 10:15am (+prizes for top pledges)

New Prizes: fastest in your school, business, club

Route: Begins at Bissell Park, Elora, follows beautiful back streets, takes in part of the Elora-Cataract trailway, and finishes at Bissell Park. (Chip 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 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: 1:30pm

Awards: 1:30pm (+prizes for top pledges)

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 with minimum \$30.00 donation/pledges, \$35.00 on race day. Juniors (19&under) free with minimum \$20.00 donation/pledges, \$25.00 on race day.

New: Walkers \$20.00, \$25.00 on race day.

Dominion Dash: (12&under) Free registration with minimum \$8.00 donation/pledges, \$10.00 race day. Make Cheques payable: Knox Elora/ Kn.E.C.T. Sorry, no refunds. (All pledges due pre-race)

Pledge Incentives

Please help our charities by **collecting pledges** and submitting them on race day. See "Entries" for pledge amount minimums for free entry. Prizes for top pledge amounts for ages 19 and over, 18 and under. Thank you for your support.



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. 519-843-8858

On-Line: www.runningroom.com click "races". or, email us for no-fee pre-register; knectcares@gmail.com

Mail: Mail in this form with fees/pledges to Mr. L. Smith/Kn.E.C.T., 33 McNab St., Elora, On, N0B 1S0. No cash, cheques payable to Knox Elora/Kn.E.C.T. Thank you.

Race Day Registrations:

7:00-8:30am at booth in Bissell Park.

Directions Parking

Located in Bissell Park on Mill St. 0.5 km east of Downtown Elora, Ontario. Please, please park where possible near Bissell park. Parking is limited in the park, use nearby streets. Keep Mill St. clear. Extra parking is available at Elora Public School 0.5 km east, and public lot just west of Metcalfe St.(downtown) south across bridge.

Awards

5K Run/Walk

- Award for top pledge raisers,
- Award for fastest in school, business or club
- Free t-shirts for first 100 participants
- prizes for 1,2,3 m/f for each age group;
- 16&under, 17-19,20-29,30-39,40-49,50-59,60+

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



Stick around for the Rotary "Duck Race"



