



# COME RUN OTTAWA'S ORIGINAL CANADA DAY ROAD RACES

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



**THURSDAY, JULY 1, 2010**

**SPONSORED BY BUSHTUKAH GREAT OUTDOOR GEAR**

**TO BENEFIT  
THE KANATA FOOD CUPBOARD**



LOCATION: Earl of March High School, Kanata, Ontario

## DATE

Thursday, July 1, 2010.

## LOCATION:

Earl of March High School, 4 The Parkway, Kanata Ontario. (directions on next pannel)

## FEES:

### Until Thursday, June 24/10

- 5/10K – Runners 18 years and under - \$20\*  
19 years and older - \$30\*
- Tot Trot – No Charge
- 1K Fun Run - \$5 at all times

### June 25th – 30th

- 5/10K – 18 years and under \$20  
19 years and older \$35

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

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

Online registration at [www.eventsonline.ca](http://www.eventsonline.ca) – closes at 12:01 a.m., Wednesday, June 20/10

## 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)

## RACE COURSES:

5 and 10K routes are certified and comprised of 1 loop. All start/finish lines are on The Parkway, adjacent to Earl of March High School.

## AGE CATEGORIES AWARDS

Merchandise Prizes for first, second and third overall Male/Female in 5/10K courtesy of Bushtukah Great Outdoor Gear.

### Category awards for 5K:

14 & under; 15-19; 20-29; 30-39; 40-49; 50-59; 60-69; 70-79; 80+

### Category awards for 10K:

14 & under; 15-19; 20-29; 30-39; 40-49; 50-59; 60-69; 70+

## 5/10K RACE AWARD CATEGORIES

Top 3 finishers overall, male & female receive Gift Certificates to Bushtukah. Overall winners not eligible for age category awards.

**1st - \$200 – 2nd - \$100 – 3rd - \$75**

## RACE KIT PICK UP & REGISTRATION

### Bushtukah Great Outdoor Gear 203 Richmond Road, Ottawa:

- Monday, June 27th – 12 noon - 6:00 p.m.
- Tuesday, June 28th – 4:00 p.m. - 9:00 p.m.

### Earl of March High School

- Wednesday, June 30th – 3:00 p.m. - 6:00 p.m.  
(final opportunity to register)

## RACE KIT PICK UP ON RACE DAY

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

NO RACE DAY REGISTRATIONS

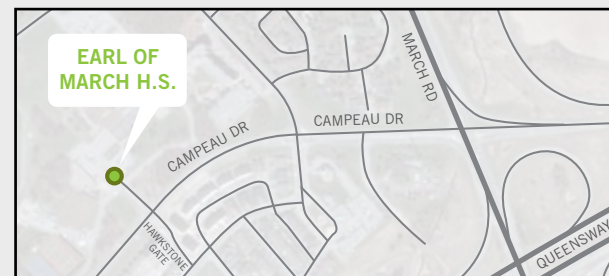
## COMMUNITY PARTNER:

Kanata Food Cupboard  
[www.kanatafoodcupboard.ca](http://www.kanatafoodcupboard.ca)

Donations can be made via online registration at [www.eventsonline.ca](http://www.eventsonline.ca)

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

## MAP TO RACE SITE:



Contact – Joe Du Vall [operations@runottawa.ca](mailto:operations@runottawa.ca) or 613-234-2221 or 613-292-7102.

**REGISTER on-line at [www.eventsonline.ca](http://www.eventsonline.ca)**