



PRESENT THE

THE 10TH ANNUAL 2009 COOKIE RUN

5 KM & 10 KM / 1.5 KM KID'S RUN



SATURDAY, NOVEMBER 7, 2009

Girl Guides of Canada
Detinu Travel Group

Location: Carson Grove Public School and
National Research Council, Montreal Road Campus

RACE KIT PICK-UP AND REGISTRATION:

Running Room, 1518 Merivale Road, Ottawa
Friday, November 6, 5:30 PM to 7:30 PM.

RACE DAY REGISTRATION: Carson Grove Public School,
1401 Matheson Road, Ottawa.

FEES

Entries received by October 23, 2009:
Run Ottawa members \$15 / Non-members \$20
October 24, 2009 to November 6, 2009:
Run Ottawa members \$20 / Non-members \$25
Race day \$30 for all / Age 19 and under \$10 at all times
1.5 km Kid's Run (12 and under only) \$5
T-shirts \$8 (Ordered by October 23, 2009)

Make cheque or money order payable to: **RUN OTTAWA**
(Fees are non-refundable).

RACE START TIMES: 5 km & 10 km starts at 10 AM /
1.5 km Kid's Run starts at 11:15 AM.

AWARDS: Prizes for first overall male and female and age
category winners in each event (Overall winners not eligible
for category awards).

CATEGORY AWARDS FOR 10 KM: 19 and under / 20-29 /
30-39 / 40-49 / 50-59 / 60-69 and 70+

CATEGORY AWARDS FOR 5 KM: 14 and under / 15-19 /
20-29 / 30-39 / 40-49 / 50-59 / 60-69 / 70-79 and 80+

FEATURES: Change rooms / Post race light refreshments /
Draw prizes / "Child-sitting" for those parents running,
starting 9 AM, donations gratefully accepted.

SPONSORS: Running Room and Run Ottawa.

COURSE: 5 km loop on the National Research Council,
Montreal Road Campus. Limited traffic, one hill, all
kilometres marked.

DIRECTIONS: Exit Regional Road 174 at Blair, proceed
north on Blair to Ogilvie Road, then west on Ogilvie to
Bathgate Drive, north on Bathgate to Matheson.

INFORMATION: Glendon Pye, (613) 993-6918

REGISTER on-line at www.runningroom.com

ENTRY FORM

COOKIE RUN: 1.5 km, 5 km and 10 km Races

FIRST NAME: _____

LAST NAME: _____

ADDRESS: _____

CITY: _____ PROV.: _____

POSTAL CODE: _____

PHONE (H): _____ (W): _____

AGE ON RACE DAY: _____ SEX (M/F): _____

EVENT ENTERED: 10 KM _____ 5 KM _____
1.5 KM (12 AND UNDER ONLY) _____

NCRA MEMBER: YES: _____ NO: _____

RACE T-SHIRT (ADD \$8): CIRCLE: XL L M S
(MUST ORDER BY OCTOBER 23, 2009 TO RECEIVE ONE)

LIST ANY MEDICAL PROBLEMS: _____

I hereby release and waive all rights and claims for damages I may have
against Run Ottawa, Running Room, the National Research Council of
Canada, and the Ottawa-Carleton District School Board for any or all injuries
suffered by me in the subject event. I attest and verify that I am physically
fit and sufficiently trained for completion of the race.

SIGNATURE (parent/guardian if you are under 18 years of age)

MAIL TO:

Glendon Pye
755 Long Point Circle
Ottawa, ON K1T 4H5

OR DROP OFF AT:

Running Room
1518 Merivale Road
Ottawa, ON K2G 3J6

