



THE 28TH ANNUAL RICHMOND ROAD RACES

5K & 10K RACES



PHOTO BY: THE MACOY CLAN

SUNDAY, JANUARY 17, 2010

Sponsored by:  **BUSHTUKAH**

Location: South Carleton High School
3673 McBean Street, Richmond, ON

SERVICES: Change rooms inside school / Certified race course - both races / Distance markers / split times at 1K and 5K (10K race).

COURSE: Both 5K and 10K courses certified by O.T.F.A. and traffic controlled by the Ottawa Police Service and adult course marshals.

FEES:

- Run Ottawa Club Members: (Registered by January 6th)
18 years & under \$20 / Non-members \$25
19 years & older \$25 / Non-members \$30
- All registrations between January 7th and 16th:
(NOTE: T-Shirt deadline below)
18 years and under \$25
19 years and older \$35

RACE FEE INCLUDES:

- Technical race shirt available while supplies last
- Post race lunch

RACE START TIMES: 10K - 10:00 AM / 5K - 10:10 AM.

AWARDS: First three finishers, male and female, both races.
First three in each of the following categories:

Men and Women (Note: Top three, both races, not eligible for age category awards.)

5K: 14 and under / 15-19 / 20-29 / 30-39 / 40-49 / 50-59 / 60-69 / 70+ women / 70-79 and 80+ men

10K: 15-19 / 20-29 / 30-39 / 40-49 / 50-59 / 60-69 / 70+

~ POST RACE DRAW PRIZE RAFFLE ALSO HELD ~

DIRECTIONS:

From the EAST - Take 417 westbound to Eagleson Road; proceed south on Eagleson for approximately 10 kilometres to the village of Richmond; continue south to Ottawa Street, turn right and proceed to the school.

From the WEST - Take 417 eastbound to Eagleson Road; proceed south on Eagleson for approximately 10 kilometres to the village of Richmond; continue south to Ottawa Street, turn right and proceed to the school.

From the SOUTH - Take 416 northbound to Brophy Side Road; head westbound to Eagleson Road and turn right on Eagleson Road then left onto Ottawa Street to the school.

REGISTER on-line at www.eventsonline.ca

ENTRY FORM RICHMOND ROAD RACES

FIRST NAME: _____

LAST NAME: _____

ADDRESS: _____

CITY: _____ PROV.: _____

POSTAL CODE: _____

PHONE (H): _____ (W): _____

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

E-MAIL: _____

EVENT ENTERED: 10K _____ 5K _____

RACE KIT PICK-UP AND REGISTRATION

Bushtukah Great Outdoor Gear: 203 Richmond Road
10:00 AM - 2:00 PM Saturday, January 16th.

LIMITED TO 500 RUNNERS

NO DAY OF RACE REGISTRATION

WAIVER

In consideration of this entry being accepted, I hereby release the Ottawa Carleton District School Board, City of Ottawa and the Run Ottawa, its agents and services, from any injuries, however from my participation in this footrace, I also attest to being physically able to complete the event entered.

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

MAIL TO:

Jim Robb

29 Carlyle Avenue

Ottawa, ON K1S 4Y2

Make cheques payable to: **RUN OTTAWA**

Or register online at

https://eventsonline.ca/events/richmond_road_race