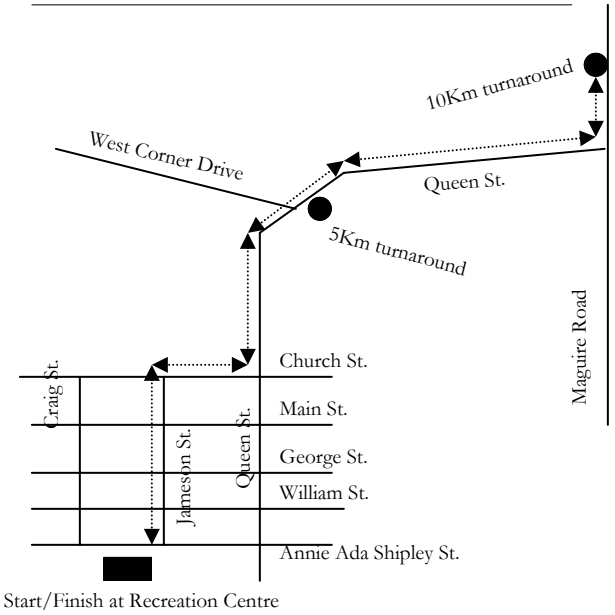
Comments, Concerns, Ideas



Contact: Paula Muxlow

Box 2247
St. Marys, ON
N4X 1A1
(519) 284-0061
paulamuxlow@gmail.com

An enormous thank you

to the

Gala Days Committee

& local business

for supporting

fun & fitness

at this year's race!!

Good luck to all

participants!

10KM & 5KM RUN

5KM WALK

1KM KIDDIE TROT

Part of the Gala Days Weekend

Date: July 17 2011

Time: 7:30 a.m.

Ailsa Craig
Recreation Centre

Date: Sunday, July 17, 2011

Race Start: Ailsa Craig
Recreation Centre

Start Time:

7:30 a.m. 10K run

7:30 a.m. 5Km Run/Walk

8:30 a.m. 1Km Kids Fun Run

Age Categories 10Km and 5Km Run/Walk:
Male/Female Under 16, 16-25, 26-45, 46+

Facilities: Washrooms are available at the Ailsa Craig Recreation Centre.

Refreshments: Water stations will be available along the race route. Registration includes a ticket for participants of the 10Km, 5Km and 1Km Run/Walk to join the pancake breakfast being served in the park at the end of the race. Additional breakfast tickets are available for purchase that morning.

Prizes!! Draw Prizes and top male and female in each category of the 10Km and 5Km Run/Walk prizes will be handed out after the races.

Race is open to everyone.

Come out and run or walk to support your community events and for fun and fitness!

Make cheques payable to:
Ailsa Craig Gala Days Committee

Mail to: Paula Muxlow Box 2247
St. Marys, ON. N4X 1A1

Course

The 5 Km course begins and ends at the Ailsa Craig Recreation Centre. Runners will run North on Jameson St. (crossing Main St./Highway 7) until the road ends at Church St turn East and run one block where they will turn North on Queen St and continue North until they reach West Corner Dr. where they will turn around and make their way back to the Recreation Centre along the same route. The 10km route follows the same route as the 5km but continues 2.5km out Queen street towards Maguire Rd. to the turnaround point and follows the same route back to the recreation centre. The course is primarily flat with some rolling hills along the route.

Registration/Race Packets

Register online at:

https://www.onlineregistrations.ca/galadaysrun/

OR

Registration brochures like this one are available at a number of local businesses. For additional registration forms call or email Paula at 519 284-0061 or paulamuxlow@gmail.com.

You can register by phone. Last minute registrations will also be accepted on race day between 6:30 am and 7:10 a.m. for the 10km/5Km and 7:45 a.m. to 8:00 am for the 1Km.

Race kits and goodies will be available for the first 60 registrants. Included in your race packet will be your race bib (10km and 5Km Run/Walk only), a voucher for the pancake breakfast as well as a variety of goodies and information from our sponsors and community supporters.

July 12—Deadline for Early Registration

Register for the 10 Km Run, 5Km Run/Walk **BEFORE** July 12—Fee $18.00
Register for the 10 Km Run, 5Km Run/Walk **AFTER** July 12 and on race day —Fee $20.00
Register for the 1Km Fun Run **BEFORE** July 12—Fee $2.00 **AFTER** July 13 and on Race Day —Fee $3.00

Registration Form

Sign up for one race:

- ☐ 10km run **Before** July 12 . . . . . $18.00 _____
- ☐ 10km run **After** July 12 . . . . . $20.00 _____
- ☐ 5km run/walk **Before** July 12 . . . . . $18.00 _____
- ☐ 5km run/walk **After** July 12 . . . . . $20.00 _____
- ☐ 1km Kids Fun Run **Before** July 12 . . . . . $2.00 _____
- ☐ 1km Kids Fun Run **After** July 12 . . . . . $3.00 _____

Race start times:
10Km and 5Km Run/Walk 7:30 a.m.
1Km 8:15 a.m.

Waiver must be signed for all participants

Name _____

Address _____

_____

_____

Phone _____

Age on race day _____

Circle one: Male Female

Method of Payment

☐ Cheque ☐ Money Order

Waiver: In consideration of your accepting my entry, or the entry of my child or ward, I, for myself, my heirs, my child or ward, my executors, and administrators of those of my child or ward, do hereby release and forever discharge the Gala Days Committee, the race director and volunteers, sponsors, agents and employees, competitors, and persons associated with the event from and against any kind of actions, claims and costs with respect to death, injury, loss or damage, occurring prior to, during or subsequent to the event, to my person or property, however caused and not withstanding that the same may have contributed to or been occasioned by the negligence of any of the aforementioned.

_____
Signature Date

_____
Signature of Guardian if Under 18 Date