

Prizes & Awards

Runners Overall:

Male & Female (1st Only)

Age Group Awards:

Male & Female runners three deep in each age group, under 20, 20-29, 30-39, 40-49, 50-59, 60 and over (no duplications)

Walkers:

First 3 walkers over all (male & female)

MAIL APPLICATIONS TO:

St. Catharines Roadrunners & Walkers

P.O. Box 23004, Midtown Plaza
St. Catharines, ON L2R 7P6

For More Information Call:

Dave Smith (905) 938-0459
smitty9@sympatico.ca

With Support of

Antipastos di Roma
Port Dalhousie Lions
Chocolates etc.

Central Service Auto Repairs
Dack Auto Parts (NAPA)

 Performance Hyundai

presents the 29th annual

Valentine's

5Km Roadrace

&

Race Walk

Sunday, February 15, 2009

12 Noon

Port Dalhousie

Lions Hall

on behalf of the



GILLIAN'S PLACE
empowering abused women of niagara

SERVING ST. CATHARINES & NORTH NIAGARA

Formally Women's Place



General Information:

Course: 5K (wheel measured) - Flat course, through scenic Port Dalhousie

When: Sunday, February 15, 2009
Registration opens: 10:30 am
Race start: 12:00 noon

Where: Registration at Port Dalhousie Lions
Race starts in front of Lions Club.

Fee: \$30.00 for the 5K includes a long sleeve shirt to all runners who are pre-registered by Jan 31, 2009, post race party and awards.

Race Fee Payment: By cash or cheque only. Please make cheques payable to "St. Catharines Roadrunners & Walkers"

Additional entry forms can be obtained at the website www.welovetorun.com

Postrace Activities: At the Lion's Hall refreshments, chili, pizza and awards.
*Yahama Home Theater System to be raffled off to lucky race entrants.
Great value for your dollar!*

Directions:

FROM QEW (Toronto)

Take Seventh St. exit, turn left to end, turn right on Lakeshore, turns into Main St. and the Lion's Club is on the right hand side.

FROM QEW (Niagara)

Take Martindale exit, turn left onto Martindale and follow to end, turn right on Main St. and the Lion's Club is on the right hand side.

Name: _____ Address: _____

City: _____ Prov/State: _____ PC/Zip _____

Phone: _____ Age on race day: _____ Sex (M/F): _____

Runner/Walker: _____ Shirt Size: S ___ M ___ L ___ XL _____

In consideration of my entry, I do hereby, for myself, my heirs, executors and administration waive, release and forever discharge any and all rights and claims for damages which I may have or which may hereafter accrue to me against the St. Catharines Roadrunners and Walkers Club, The City of St. Catharines, the sponsors of this event or their respective officers, directors, agents, representatives, successors, and/or assigns for any and all damages which may be sustained and suffered by me in connection with my said association with or entry in and/or arising out of my traveling to, participating in and returning from said athletic meet including any claims arising from my negligence. I have read the above statement, I understand it, and my signature confirms its full acceptance. I attest that I have full knowledge of, and assume the risks involved in this event and I am physically fit and sufficiently trained to participate in the event. I grant full permission to any and all foregoing to use my likeness participating in this event without obligation or liability to me.

Signature: _____ Parent (if under 18 years of age): _____