

19th Annual
Cherry Hill Fun Run
Saturday July 31st 2010
For The United Communities Fire Department
9:30 AM (Walkers) 10:00 (Runners)

Race Location:

The race starts and ends at the United Communities Fire Hall in Cherry Hill, Lunenburg County. Take exit # 16 from Highway 103 until you reach the Lighthouse Route. (Hwy #331). Turn left and follow the coast road 4 km until you reach the United Communities Fire Hall.

Course Description:

The 10-kilometer race course starts in Cherry Hill and loops through Broad Cove before returning to Cherry Hill. It is a fairly flat course with one hill between the 6 and 7 Km marks.

Race Day Goodies

Free t-shirts to the first 150 runners. Gold, silver, and bronze trophies are drawn by lot from among the people who complete the event. You don't have to be first across the line to win big in Cherry Hill. A hand-made finishing honour is awarded to each person. Everyone is eligible for a free meal and lots of door prizes.

Registration:

\$19.00 for walkers or runners. Families of three or more can ask for special rates.

Online at: www.events.runningroom.com/

By mail: Complete this form and mail it, along with a cheque made payable to *United Communities Fire Department* to Rick Chataway, 9 Henry Conrad Road Cherry Hill NS B0J 2H0

In person at: the United Communities Fire Hall. Friday July 30 6:00pm - 7:30pm or race day from 8:00am - 9:20am

Free Registration if you collect \$100.00 in pledges for the fire department. (Please contact us for pledge forms.)

Contacts:

Rick Chataway at rbchataway@sympatico.ca or 902-677-2508 or Sheila Conrad at 902-677-2274

Registration Information

Last Name: _____ First Name: _____

Civic Address: _____

City /Town: _____ Province: _____ Postal Code: _____

E-mail Address: _____

T-shirt size XXL___ XL___ L___ M___ S___

Male: _____ Female: _____ Age group Under 18 _____ Over 18 _____

Walker _____ Runner _____

Waiver: In consideration of you accepting this entry in the Road Race identified above, I hereby for myself, my heirs, executors and administrators waive and release any and all rights and claims for damages I may have against organizers of this event and its sponsors from any and all rights to claims for damages I have against them, their representatives, successors and assigns, and any and all illness, injuries and or losses I may sustain as a result of my participation in this event.

Signature _____ Date _____