



Midland Waterfront

6KM Run / Walk & 1KM Kids Run

Monday, August 3, 2009 ~ Midland Waterfront Rotary Trail

Proceeds to our local food bank

6K PARTICIPANTS: REGISTER BY JULY 4 TO GET A RACE SHIRT & SAVE \$\$
KIDS (14 & UNDER): 1KM RUN IS FREE & FIRST 50 YOUTH REGISTERED RECEIVE SHIRTS

Run/Walk Details

This scenic course is surely one to please. The course is an out and back run along the beautiful Rotary Waterfront Trail in Midland. Beginning at the Harbourside Park, the course is mainly flat and fast, making it perfect for both the entry level and seasoned runner.

Participants can sign up as a **RUNNER** (individual or relay) or a **WALKER**. A **RELAY** division is available to those wanting to run the 6km as a team. **Relay participants are responsible for getting themselves to & from the 3km marker (end of the boardwalk parallel to Aberdeen St.) in a timely manner.**

There will be distance markers at each kilometre, with aid stations (water & Gatorade) at 2km & 4km.

Pre-race training run Sunday, July 19, 2009 at 9:00am - try the distance, know the course, ask questions

Race Day Schedule

7:45-8:45 am	Race kit pick up & food donation drop off
9:00 am	Announcements & 6 KM Run/Walk start
10:00 am	1 km Kids Run start
10:15 am	Awards and draw prizes

Awards

- Top 3 overall male and female
- Age groups
- Kids run awards

**In support of our local food bank, all participants are asked to bring one non-perishable food item to be dropped off at race day registration.*

Cost

	until July 4	after July 4
1 km Kids event	Free	Free
6 km events	\$ 20.00	\$ 25.00
6 km Relay	\$ 30.00	\$ 35.00

(race day registrations add \$5.00)

Registration

Online: www.onlineregistrations.ca – closes Aug 1st
 Mail: 108 Fox St Unit 1, Penetanguishene, ON L9M 1E3
 Fax: phone 549-9821 to arrange fax

Results www.MidlandTriClub.com

For more information or to volunteer contact Nicole Mace, Race Director 705-549-9821 or nmace@sympatico.ca.

DIRECTIONS

From the 400 –take highway 93 towards Midland, turn right at Yonge St and left on King St.
From Highway 12 – right on William St and follow it to the water, as it turns into Bay St. You will see the town docks on the right.



Thank you to our sponsors: