

# Remembrance Run 11K

## Date and Time:

Friday, November 11, 2011, 8:00 AM

## Race Time Limit

2 Hours

## Online Registration (no in-person):

<http://www.trackie.com/online-registration/register.php?id=445>

## Fee (no refund):

\$25.00 (or \$20.00 for NLAA member)

Last Date To Register: Nov 7, 2011

## Race Kit Pickup:

at New World Fitness, 644 Topsail Rd.

Wednesday, Nov 9, 2011

from 7 PM to 9 PM

## Race Course:

Start across the street from Pipers on Commonwealth Ave. in Mount Pearl. Head west on arboretum trail to McNamara Rd. in Paradise. Then run back to the Start/Finish line. Parking at Pipers parking lot.

## AWARDS:

- Medals for 1st, 2nd and 3rd finishers, male and female in each seven age groups (Under 20, 20-29, 30-39, 40-49, 50-59, 60-69, 70+).
- Medal presentation and Post race reception at Mount Pearl Soccer Club House, Smallwood Complex.

Note: For runner's safety, No earphones are permitted during the race.

## ORGANIZED BY:



For more information, contact Ben Dunne at 368-0684, Keith Day at 368-3422, email: [b.dunne@nf.sympatico.ca](mailto:b.dunne@nf.sympatico.ca) or [keithday@gmail.com](mailto:keithday@gmail.com) or visit [www.nlaa.ca](http://www.nlaa.ca) or [www.nwrcnl.com](http://www.nwrcnl.com)

