



19th Annual
Taylor Creek 5K Cross Country

1:00pm Sunday, September 29, 2013
Men and Women 30 Years and Older

Famous East York Harriers Course
First race in the OMA Club Cross Country Series

Location: Start in Stan Wadlow Park - 1 block east of Woodbine Ave on Cosburn. 2 blocks north on Cedarvale Ave. North of East York Arena. Lots of parking in lot north of arena lot. Registration outside of Clubhouse. From Don Valley Pkwy - exit Don Mills Rd South, left on O'Connor, right on Woodbine, left on Cosburn, left on Cedarvale.

Awards: OMA medals to all members of the first Club teams in each category (no individual medals).

Team Club teams only. 4 can run as a team, top 3 to score by total place. (except M70, W50, W60, 3 to run, 2 to score)

Categories: Teams must be declared at least 30 minutes prior to the start.

Categories; 1) Men 30-39, 2) Men 40-49, 3) Men 50-59, 4) Men 60-69, 5) M70+ (2 to score)

6) Women 30-39, 7) Women 40-49, 8) W50-59 (2 to score), 9) W60+ (2 to score).

A maximum of one woman may run on a men's team in an age group 10 years above her age (eg. a W40 can run on an M50 team).

Entry Fees: \$15.00 fee available with online entry - \$25.00 with email or mail entry. \$30.00 on race day. Non OMA members add \$50.00 day fee—this will automatically make you an OMA/AO/AC member. **Post entries close at 12:30pm on race day.** Online entry closes Saturday at Noon.

Hard-packed dirt trails and metal bridge surfaces may not be suitable for spikes.



Brian Keaveney Hill