

5th Annual Crystal Beach 5K Run/Walk

New this year - 1K KID'S FUN RUN! Special Prizes for all participants!



Crystal Beach Business Improvement Association

SATURDAY, OCTOBER 10, 2009

Registration and Race Package Pick-Up at 9:15 am

Race Starts at 11:00 am

This course is a sanctioned, certified & FAST 5K out and back course.

Race will start and finish in front of Crystal Chandelier (3878 Erie Road at Ridgeway Road).

No bikes, roller blades, skateboards or scooters allowed.



CATEGORIES AND AWARDS

Awards for top 3 overall male and female finishers

Medals for top 3 male and female finishers in all age groups

14 & under / 15 - 19 / 20 - 24 / 25 - 29 / 30 - 34 / 35 - 39
40 - 44 / 45 - 49 / 50 - 54 / 55 - 59 / 60 - 64 / 65 - 69 / 70 & up

Special awards for top 3 overall fitness walkers

REGISTRATION FEES

\$17.00 pre-registered before 09/26/09 (age 15 & over)
(\$22.00 after 09/26/09 and on day of race)

\$10.00 youth (14 & under)

Awesome T-shirts that you're gonna wanna wear!
Custom bibs & medals!

Post-Race Party & Award Presentation!

Lots of fun & quirky awards for
faster & slower runners alike!

FREE Race T-Shirts for the first 175 Registrants!

Please bring non-perishable food items for
COPE Food Bank

For more information log onto www.focb.net or contact Phil Smith at 289-292-3100 or psmith@prutcr.com

Help the CB5K go green by entering
your email address to receive next
years application via email!

MAIL FORMS AND CHEQUES TO:
Friends of Crystal Beach, ATTN: 5K Run/Walk
P.O. Box 978, Crystal Beach, ON L0S 1B0
Make cheques payable to: Friends of Crystal Beach

OR REGISTER ONLINE!
www.onlineregistrations.ca

LAST Name: _____ FIRST Name: _____

Address: _____

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

Gender: _____ Phone: _____ Email: _____ Shirt Size: S M L XL

Please Select ONE: 5K Run 5K Fun Walk 1K Kid's Run Clydesdale Division (men over 225 lbs.)
Age on Race Day: _____ Birth Date (mm / dd / yy): _____

WAIVER: In consideration of your acceptance of this entry, I understand, intending to be legally bound, hereby, for myself, my heirs, executors and administrators forever waive, release and discharge any and all damages and causes of suit or action that I may at any time have against the Friends of Crystal Beach, The Town of Fort Erie and The Regional Municipality of Niagara in which this event occurs and all other associations and sponsors for any death, injury, loss or damages occurring prior to, during or subsequent to the event. I attest and verify that I am fully aware of physical risk of injury or death involved in participating in this event. I acknowledge having read, understand and agree to the above waiver.

Signature

Signature of Parent or Guardian if under 18

Date