

# ELORA

Canada Day 5K and New 10K

+ Kids' Dominion Day Dash

SUNDAY JULY 1<sup>ST</sup>, 2012



A great family day!

Run or walk the 5k, test yourself in the new 10K, enjoy the Canada Day Parade and activities, and then the kids compete in the Dominion Day Dashes

In Support of 3 Great Causes:

"Habitat for Humanity"

Local build in Centre Wellington

"Community Living Centre"

Centre Wellington location

Kn.E.C.T. (Knox Elora Care Team)

Local projects Elora-Fergus area and

International projects in Nicaragua.



2012

More info: [www.knectcares.org](http://www.knectcares.org) events

## New features this year (2012)

1. 10K distance added, great route,  
See 10k: [www.runningmap.com/?id=390279](http://www.runningmap.com/?id=390279)  
5k: [www.runningmap.com/?id=390285](http://www.runningmap.com/?id=390285)
2. New start location (wide, flat and fast)
3. Start is at round-a-bout on Church St. and finish is at Bissell Park.
4. Pre-registration, in-person and on-line open until **Wed, Jun 27**.
5. More washroom facilities
6. Like us Facebook : Elora Canada Day Run
7. Best "Canada Day Costume/Spirit" Award"
8. Mobile patrols / Marshalls
9. Smoother Kids' Dash track
10. More T-Shirts

## Other Canada Day Activities

- 7:00-10:30am: Pancake Breakfast, downtown
- 8:00-10:00am: Soap Box Derby, downtown
- 11:00-12:00pm: Parade, downtown
- 12:00-1:00pm: Hot dog lunch, Bissell Park
- 1:30pm: Rotary Club "Duck Race", Bissell Park

## Entry Fees:

Event	Pre-Reg	Race Day
5K	30.	35.
10K	35.	40.
Junior(5,10K)*	20.	25.
Walkers	20.	25.
Dash 12&under	10.	12.

\*Junior : 19 and under for 5 and 10K

Make Cheques payable to:

Knox Elora/ Kn.E.C.T.

Sorry, no refunds.

(All pledges due pre-race)

## Registration: (form on page 3)

Note: Pre-Registration will close **Wednesday, June 27, 2012 at 6pm.**

**Pre-Register in Person:** New 2 locations:

**Elora1:** Definition Fitness, 294 Mill St. East, Old Quarry Commons, Elora, 519-846-8733  
Mon-Fri 5am-8pm, Sat 8am-1pm

**Elora2:** Power Beam, 7454 Speers Rd.,  
Mon-Fri 9-4:30, 519-846-5835.

**Pre-Register On-Line:**

[www.runningroom.com](http://www.runningroom.com) click "races" at top, choose province, choose Jul 2012, click on Elora.

**Pre-Register by Mail:**

Mail in this form with fees/pledges to:  
Mr. L. Smith/Kn.E.C.T.,  
33 McNab St., Elora, On, N0B 1S0.  
No cash, cheques payable to:  
Knox Elora/Kn.E.C.T. Thank you.

**Race Day Registrations:**

**7:00-8:30am at booth in Bissell Park.**

## Directions/Parking

Located in Bissell Park on Mill St. 0.5 km east of Downtown Elora, Ontario. Please park where possible near Bissell park. Parking is limited in the park, use nearby streets. Keep Mill St. clear. Extra parking is available at Elora Public School 0.5 km east, and public lot just west of Metcalfe St.(downtown) south across bridge.

## Awards

### 5K, 10K Run/Walk

- Award for top pledge raisers,
- Free t-shirts (while quantities last)
- prizes for 1,2,3 m/f for each age group;  
16&under, 17-19,20-29,30-39,40-49,50-59,60+
- Award for fastest overall, male, female
- New Prize: best "Canada Day" costume/spirit**

### Kids Dominion Day Dash - 12 and under

- Award for top pledge raisers
- Free t-shirts while quantities last
- prizes for 1,2,3 m/f, for each age group
- participation prize for each participant
- Age groups/distance: determined by attendance



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## The Races

### Canada Day 5K and New 10K

Start time: 9:00am. Finish: 10:30am

Awards: 10:30am (+prizes for top pledges)

Route: **5K** Begins at Round-a-bout on Church St., Elora, follows beautiful back streets, Elora-Cataract trailway, "out and back" finishing at Bissell Park.

**10K** same start, is full loop with a beautiful trail run through some scenic areas. (both chip timed)

See 10K: [www.runningmap.com/?id=390279](http://www.runningmap.com/?id=390279)

5K: [www.runningmap.com/?id=390285](http://www.runningmap.com/?id=390285)

### Dominion Day Dashes (Kids 12 & under)

Take in the Canada Day Parade after the run, and stay around for the exciting Dominion Day Dashes.

After the parade at 12:00pm kids 12 and under can

race by age groupings around our closed race

course in Bissell Park. Race Lengths: Ages 7-12:

from 0.4k to 1.0k max (based on age), ages 6 and

under: 1 lap/.2k Finish and awards: 3:00pm (after

duck race) Subject to change, based on entries.

## Entries

**5K:** \$30.00 pre-registered, \$35.00 on race day.

Juniors (19&under)\$20.00 pre-registered, \$25.00

on race day. Walkers \$20.00, \$25.00 on race day.

**10K:** \$35.00 pre-registered, \$40.00 on race day.

Juniors, same as 5K. (no walkers)

**Dominion Dash:** (12&under) \$10.00 pre-registered, \$12.00 race day.

Make Cheques payable: Knox Elora/ Kn.E.C.T.

Sorry, no refunds. (All pledges due pre-race)

More info: [www.knectcares.org](http://www.knectcares.org) events

## Entry Form and Pledge Form

(One per person, copy/print this page as required)

### Please print

Event: 5K \_\_\_ 10K \_\_\_  
Kids Dash \_\_\_

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

Province: \_\_\_\_\_

Postal Code: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Birth: m \_\_\_ d \_\_\_ y \_\_\_ Age: \_\_\_\_\_

Male: \_\_\_ Female: \_\_\_

### Fees :

Event	Pre-Reg	Race Day
5K	30.	35.
10K	35.	40.
Junior(5,10K)	20.	25.
Walkers	20.	25.
Dash 12&under	10.	12.

Event Fee: \$ \_\_\_\_\_

Pledges/Sponsors: \$ \_\_\_\_\_

(Pledges help our charities!)

**Total Amount Paid: \$ \_\_\_\_\_**

Payable to:

Knox Elora/Kn.E.C.T. Sorry, no refunds.

(Information will be used for race purposes only, and will not be forwarded to any other organization)

**SIGN WAIVER NOW >>>>>>>>**

For more information call Lawrie Smith  
519-240-2209 or email [knectcares@gmail.com](mailto:knectcares@gmail.com)

(For Organizer's Use only)

Bib # \_\_\_\_\_

Male: \_\_\_ Female: \_\_\_

Age: \_\_\_\_\_

### Release

### Waiver

### and

### Indemnity:

In consideration of the acceptance of my application and the permission to participate as an entrant or competitor in the Kn.E.C.T. Canada Day 5K, 10K, or the 2K and 1K kids' run/walk, I, for myself, my heirs, executors, administrators, and assigns HEREBY RELEASE, WAIVE, AND FOREVER DISCHARGE the corporation of Centre Wellington, Knox Elora Care Team (known as Kn.E.C.T.), Knox Presbyterian Church, all sponsors and contributors, and all other associations, sanctioning bodies, appointed officials, successors, volunteers, and assigns OF AND FROM ALL claims, demands, costs, expenses, actions and cause of actions, whether in law or equity, in respect of death, injury, loss or damage to my person and property HOWSOEVER CAUSED, arising or to arise by reason of participation in the said event, whether as a spectator, participant, competitor, or otherwise, whether prior to , during or subsequent to the event AND NOTWITHSTANDING that the same may have been contributed to, or occasioned by, the negligence of the aforesaid. I FURTHER HEREBY UNDERTAKE TO HOLD AND SAVE HARMLESS AND AGREE TO INDEMNIFY all of the aforesaid from and against any liability incurred by any or all of them arising as a result of, or in any way connected with, my participation in the said event. BY SUBMITTING this ENTRY, I ACKNOWLEDGE HAVING READ, UNDERSTOOD, AND AGREED TO THE ABOVE WAIVER, RELEASE AND INDEMNITY. I WARRANT that I am physically fit to participate in this event. I authorize my image to be used for promotion. I have read and understood this waiver and indemnity form.

Date: \_\_\_\_\_

Print Name: \_\_\_\_\_

Signature: \_\_\_\_\_

(Parent or Guardian if under 18 years of age)