

## ONLINE-REGISTRATION AND FEES

- Link:** <http://www.trackie.com/online-registration/register.php?id=429>  
**Fee:** \$25.00 (\$20.00 for NLAA members)  
**Last Date:** Monday, October 3, 2011.  
**NOTE:** **We only provide Online-Registration.**

## RACE KIT PICKUP

At New World Fitness, 644 Topsail Road.  
Thursday, Oct 6, 2011 from 7 pm to 9 pm.  
Saturday, Oct 8, 2011 from 2 pm to 4 pm.

## START TIME

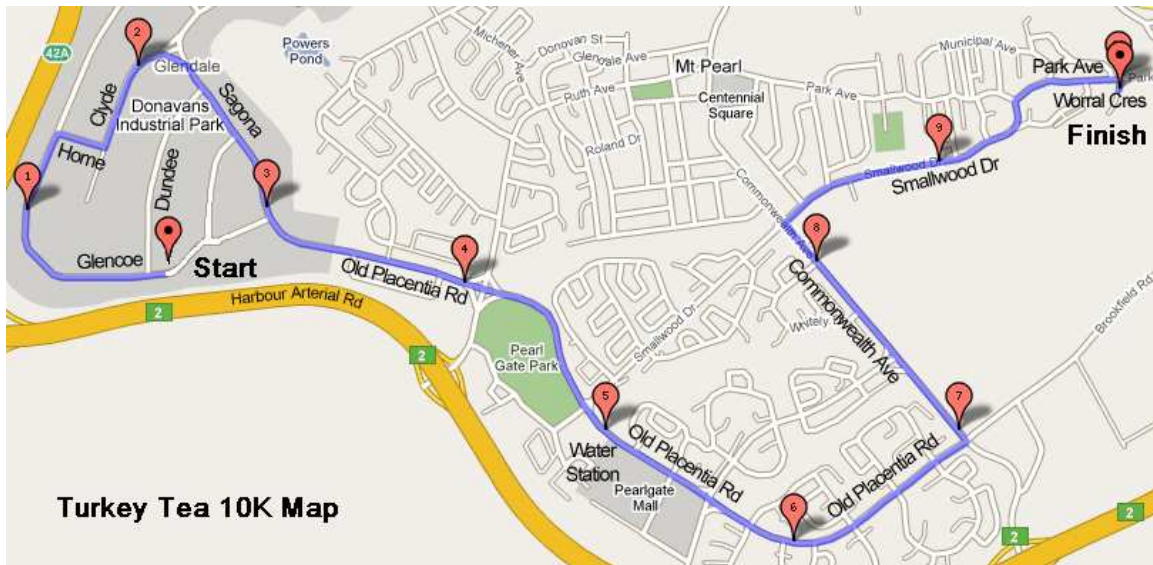
- Race Start Time:** Sunday, October 9, 2011, 8:00 am.  
**Location:** Intersection of Glencoe and Dundee,  
Mount Pearl.  
**Race Time Limit:** 90 minutes.  
**Race Restriction:** **For runner's safety no earphones are permitted during the race.**

## TIMEX PROVINCIAL SERIES

This is race # 9 of the *Timex® Provincial Road Race*, where runners are awarded points according to their finishing positions and scores these points leading to year-end awards.

## COURSE DESCRIPTION

The race is a nationally certified 10 km course (**NL-2008-071-BDC**). Starting in Mount Pearl at the intersection of Glencoe Drive and Dundee Avenue, head out west to Home Street, left on Clyde Avenue, right on Sagona Avenue, leading to Old Placentia Road, then turning left on Commonwealth Avenue, right on Smallwood Drive, right on Park Avenue to end at Park Place (Worral Crescent). A water station is located at the 5 km mark.



## WASHROOM FACILITIES

There are **NO** washrooms at the starting line.

## AWARDS

- Medals will be awarded to the first three male and female finishers in each seven age groups (Under 20, 20-29, 30-39, 40-49, 50-59, 60-69, 70+)
- Timex® Watches will be drawn from a list of all finishers.
- Merchandise prizes will be drawn from a list of all finishers.
- Award presentation will be at Park Place Community Center on Park Avenue.

## REFRESHMENTS

Post-race refreshments will be at Park Place Community Center on Park Avenue. All runners are invited for 10<sup>th</sup> anniversary birthday cake.

## RACE CONTACTS

Ben Dunne: telephone: 368-0684  
E-mail address: [b.dunne@nf.sympatico.com](mailto:b.dunne@nf.sympatico.com)  
Keith Day: telephone: 368-3422  
E-mail address: [keithday@gmail.com](mailto:keithday@gmail.com)