

FACTSHEET: Firefighters 10 Mile Road Race

Monday May 23 2011 9AM Start

WHERE: Corner of May and Arthur Streets, Thunder Bay, Ontario, Canada

ROUTE: Out and back, on Simpson to Water St. into Marina Park with views of the Sleeping Giant. The route is closed to vehicular traffic from 8:30AM to noon

WHO: Runners at all levels ... individuals and relay teams
Participation by volunteers, spectators & sponsors is vital to this event and welcomed

ENTRY FEES: **Early fees: end Thursday May 12, 2011**
Individual runners - \$35.00 with tech shirt, \$20.00 without tech shirt
5 person youth & student relay team - \$25/team (tech-shirt, pasta dinner extra)
3 person senior team - \$25/team (tech shirt, pasta dinner extra)
5 person family fun team of adults and youths - \$25/team (tech shirt, pasta dinner extra)

Late fees: Friday, May 13 – Wednesday, May 18, 2011
\$40 (no tech shirt)

ENTRY DEADLINE: Wednesday May 18 at 5:00 PM
(No entries accepted after this date)

SHIRTS: Technical t-shirt \$15 (no tech shirt with late entry May 13 to 18)

RELAY TEAMS: Student and Youth Relay team of 5 runners
Senior Relay Team of 3 runners 60 yrs and over
Family Fun Relay team of 5 runners with at least 1 adult & 1 youth

ENTRY FORMS: Available on line www.10mileroadrace.org
Also available at Fresh Air Experience, Confederation College Fitness Centre, Canada Games Complex and Halfway Motors Nissan

ENTRY SUBMISSION: On line at www.10mileroadrace.org
OR drop off or mail at Fresh Air Experience
311 Victoria Ave E. Thunder Bay, ON, P7C 1A4

AWARDS: Cash prizes for top 3 overall 1st \$1000, 2nd \$600, 3rd \$400 [male and female]
Cash prizes for top male and female Northwest Ontario runners 1st \$250.00
Trophies for age groups, medals for school & youth relay teams
Individual race finishers will receive a commemorative medal

FACILITIES: Columbus Centre corner of May & Arthur St., washrooms and showers available

AWARDS & DRAW PRIZES: Start about noon after the race in the Columbus Centre

KIT PICK UP: Halfway Motors 940 Memorial Ave
Thursday and Friday May 19 & 20 from 5 to 7 pm and Sat. May 21 from 2 to 4 pm
Columbus Centre - Sunday May 22 from 4 to 7 pm
No Race Day Kit Pickup

PASTA DINNER: Sunday May 22 from 5 to 7 pm at Columbus Centre- free to individual runners;
\$10 for each relay runner and each guest (family, friends welcome)

MORE INFO: Mark Smith 625-2544 Race Director or www.10mileroadrace.org

Race Presented by HalfWay Motors Nissan, Title Sponsor Thunder Bay Fire Fighters