

Registration Form Spring Fling 2010

Last Name _____

First Name _____ Initial _____

Mailing

Address _____

City _____ Prov. _____

Postal Code _____

E-mail Address _____

Day time Phone () _____

Evening Phone () _____

Health Conditions/ Allergies (please print)

Age on Race Day _____ Birth date ____/____/____

dd/mm/yyyy

Gender: Male Female

Please select which event:

5 KM WALK

5 km\$36.00

Open Masters

5 KM RUN

5 km\$36.00

Juniors Open Masters Seniors

10 KM RUN

10 km\$40.00

Juniors Open Masters Seniors

KIDS (12 and under)..... \$15.00 _____

**Tech Shirt to all participants
who register before March 26th.**

Shirt Size (Cotton) circle your size

Male S M L XL

Female S M L XL

Youth (13+) S M L XL

**Note: All fees include 5% G.S.T. The G.S.T. Registration
number is: R121491807**

Please make Cheques payable to the D.O.A.C. (Denwood Outdoor Athletics
Club). Your cancelled cheque will be your receipt. There will be a \$25.00
charge for NSF cheques. No post dated cheques accepted. Cash will be
the only acceptable payment on race day.

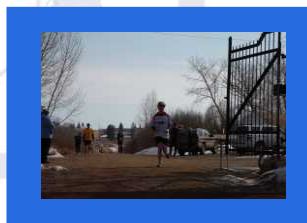
I have enclosed a cheque in the amount of
\$ _____.

Spring Fling 2010

You can register via mail, on the Running Room Events site
at: www.events.runningroom.com/hm/ or at Buffalo Park
Hall on the day of the event. Registration will be accepted
from 08:30 until 10:00 a.m. on Race Day.

All participants will receive a bib and a warm meal for the
price of Registration.

There will be Race Tech Shirts
for adults who register before
March 26th, 2010.



In order to make the race more
affordable so more kids can
participate, there will be no kids
shirts.

All events will be chip timed by Results Canada.

Race Package Pickup:

Race packages will be ready for pick up at Buffalo Park Hall
on Race Day from 8:30 a.m. until 10:15 a.m.

Note:

Photo I.D. may be requested before release of race
packages.

Bibs

Bibs will be provided to all competitors and they must be
worn on the **front** of the bodies.

Race Cap

All events may be capped by limited number of entries.
Therefore register early.

Safety

There will be qualified medical personnel at the finish line.
For the safety of the participants only registered participants
will be allowed on the course during the race.

**For more information contact:
Cpl Robert McKinnon (Race Director)
@ 780-842-1316 ext 1046 (Work) or
780-842-4035 (Home)**

Cut or Tear off Form to mail in!



4th Annual

Spring FLING

Saturday

10th of April 2010

Kids 2.5 Fun Run

10 Km Race for Runners

5 Km Race for Walkers
&
Runners



SPRING FLING 2010

Description

These races take place in Central Alberta at Canadian Forces Base Wainwright, immediately adjacent to the town of Wainwright. It is the most popular running event in the local area. Follow the signs on Hwy 14 to the Base.

All the races will start and finish at the Buffalo Park Hall, a rustic log cabin style building on the edge of CFB Wainwright's training area. The building is set in a quiet park type area. The routes will take place along the border between the training area and through the Base.

Sites which may be seen include buffalo paddocks where you may see a large herd of Wood Bison, a historical guard tower from when the Base was a prison camp for German officers during WWII, and Monument Hill, where there is a vast collection of historical military vehicles on display.

Recycle Your Used Running Shoes

You may bring in your used running shoes and donate them to those in need. We are looking for shoes that still have life in the uppers. Please wash these and air dry them before you bring them. They will be sent to two or more different organizations who, in turn, will distribute them to either Third World countries or to needy Canadians.

Register online

<http://www.events.runningroom.com/hm/>

or Mail your registration form

Mail your Completed Registration form with payment to

Denwood Outdoor Athletics Club
P.O. Box 36
Denwood, AB
Canada
T0B 1B0



SPRING FLING 2010

Awards

Awards will be presented in Buffalo Park Hall once all participants have crossed the finish line and timing staff has completed the timing charts.



Medallions and Trophies

10 Km & 5 Km Races 1st, 2nd and 3rd medallions will be awarded in each category.

5 Km Walk 1st and 2nd medallions will be awarded in each category

Kids 2.5 Km Fun Run 1st, 2nd and 3rd medallions will be awarded in each category.

A special medal will be presented to the youngest competitor.

Trophies will be awarded to the 1st overall male and female in the 10Km Running Race.

Food

After the race enjoy a hot bowl of Irish stew (it is still a secret recipe, but thanks for the inquiries) and a bun with refreshments and good companionship in the ambiance of a historical log cabin, Buffalo Park Hall. The maximum number of participants and volunteers is 110 owing to the capacity of the Hall.

Certification

The routes are all nationally certified courses. The 10 km race will be twice around the 5 km route.

The national course certification numbers are:

**Kid's 2.5 km
5 & 10 km**

**AB-2008-005-BDC
AB-2008-006-BDC**

See these listed on the Athletics Canada/Run Canada Committee Road Race Certified Courses at:
<http://www.mts.net/~llacroix/08loc.htm>

SPRING FLING 2010

5 Km Race Details:

This route encircles the bulk of the built up area of CFB Wainwright, with the training area on one side and the Base on the other. The route covers graded gravel and pavement. The last few hundred yards will be on an unpaved road to the pillars marking the entrance to Buffalo Park Hall's Park.

Start Time:
Walkers 10:50
Runners 11:10



10 Km Race Details:

The 10 Km route will be twice around the 5 Km Route. It will take you through the finish and then back out for a second lap.

Start Time:
Runners 10:40

Kids` Fun Run (12 yrs & under) Details:

The kids 2.5 km Fun Run is a challenging route, with pavement except for the last few hundred yards on a dirt and gravel road. Extra Volunteers will be monitoring this route so that the kids are safe.

Start Time:
Kids 11:20

Race Categories:

5Km Run Male and Female

Juniors 13-19 years of age
Open 20-34 years of age
Masters 35-49 years of age
Seniors 50+ over

5Km Walk Male and Female

Open 34 years and under
Masters 35 years and over

10 Km Run Male and Female

Juniors 13-19 years of age
Open 20-34 years of age
Masters 35-49 years of age
Seniors 50+ over

Kids 2.5 Fun Run Girls and Boys

12 years and under one years of age

