

## EVENT DATE

Saturday April 2nd, 2011

## START TIMES

Kids Run - 10:30    10K Run - 11:00  
5K Walk - 11:10    5K Run - 11:20

## LOCATION

Buffalo Park Hall, CFB Wainwright, Alberta  
Canada CFB Wainwright is immediately adjacent to the Town of Wainwright which is in east central Alberta at intersection of Highways 14 and 41. From Wainwright follow the signs to the Canadian Forces Base.

## REGISTRATION

You can register on the Running Room Events site at [www.runningroom.com](http://www.runningroom.com) up until March 31, 2011 or mail the registration form to:

Denwood Outdoor Athletics Club  
P.O. Box 3255 Wainwright, AB T9W 1T2

or register at Buffalo Park Hall on the day of the event from 9:00 to 10:20 am.

All participants will receive a bib and a warm meal.

## EVENT FEES

10K RUN	5K RUN	5K WALK	KIDS
\$40	\$36	\$36	\$15

## TECH SHIRTS

Free Tech Shirts to all 5K and 10K participants who register before March 11, 2011 and cotton shirts for the kids.

# 5TH ANNUAL SPRING FLING

## FIRST RACE IN THE DOAC 2011 SERIES

## CATEGORIES

Male and Female in each Category

10K & 5K	OPEN	34 YEARS AND UNDER
	MASTERS	35 - 49 YEARS OF AGE
	SENIORS	50 + OVER
5K WALK	OPEN	34 YEARS AND UNDER
	MASTERS	35 YEARS AND OVER
	KIDS	

## AWARDS

5K & 10K Runs - 1st, 2nd, 3rd medallions in each category. 5K Walk - 1st and 2nd medallions in each category. Kids 2.5K - 1st, 2nd, and 3rd medallions in each category. Awards will be presented in Buffalo Park Hall once all participants have crossed the finish line and timing staff have completed the timing charts.

## POST RACE ACTIVITIES

All participants are welcome to enjoy a hot bowl of Stew and a bun with refreshments in the ambiance of a log cabin, Buffalo Park Hall.

## RACE KIT PICK UP

On race day Saturday, April 2, 2011 9:00 am to 10:20 am at event site Buffalo Park Hall.

## BIBS AND TIMING

Race numbers will be provide to all competitors and must be worn on the front of the body. All events will be timed by Race Headquarters a Champion Chip AA events timing and results company.

## CERTIFICATION

5K & 10K Certified Route # AB-2008-006-BDC  
2.5K Certified Route # AB-2008-005-BDC

## COURSE

All races will start and finish at Buffalo Park Hall, a log cabin on the edge of CFB Wainwright's training area. The route is a 5K loop that encircles the bulk of the buildings of CFB Wainwright. These buildings will be on one side with the CFB Wainwright training area on the other side. The course covers pavement and graded gravel. The final 300 meters is a dirt road leading to the pillars of the historical gates marking the entrance to what was Buffalo National Park (1909-1939). The 10K route will be twice around the 5K loop. The Kids 2.5K route will include the beginning and the end of the 5K loop with pavement in the middle. Extra volunteers will be monitoring this route for children's safety.

Baby strollers and pets will not be allowed on this course.

