

# SPRING FLING REGISTRATION

FIRST NAME \_\_\_\_\_ LAST NAME \_\_\_\_\_

DATE OF BIRTH (MM, DD, YYYY) \_\_\_\_\_ AGE ON RACE DAY \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ PROV. \_\_\_\_\_ POSTAL CODE: \_\_\_\_\_

PHONE NUMBER: DAY \_\_\_\_\_ EVENING \_\_\_\_\_

EMAIL: \_\_\_\_\_

Tech Shirts to 5K & 10K participants who register by 11th March.

MALE  FEMALE

SMALL  MEDIUM  LARGE  XLARGE  XXLARGE

NECESSARY MEDICAL INFORMATION: \_\_\_\_\_

METHOD OF PAYMENT: CASH  CHEQUE

Non-transferable and non refundable . Make cheques payable to:  
Denwood Outdoor Athletics Club

MALE  FEMALE

10K RUN  OPEN  MASTERS  SENIORS  
\$40 (34 & Under) (35-49) (50 & Over)

5K RUN  OPEN  MASTERS  SENIORS  
\$36 (34 & Under) (35-49) (50 & Over)

5K WALK  OPEN  MASTERS  
\$36 (34 & Under) (35-49)

KIDS 2.5 K  12 & UNDER  
\$15

I HAVE ENCLOSED A CHEQUE IN THE AMOUNT OF: \_\_\_\_\_

There will be a \$25.00 charge for NSF cheques. No post dated cheques please. All fees include 5% GST. The GST registration number is R121491807

## DOAC 2011 SERIES

Register and run in all three DOAC 2011 Races and earn a DOAC 2011 series medallion

### 5TH ANNUAL DOAC SPRING FLING

Saturday, April 2, 2011  
10K, 5K & 2.5K Kids run and a 5K walk

### 5TH ANNUAL BATTLE RIVER RUN

Saturday, July 16, 2011  
Half Marathon, 10K, 5K & 2.5K Kids run

### 4TH ANNUAL ARM LAKE TRAIL RUN

Saturday Sept. 10, 2011  
8K & 4K Trail Run

## REGISTER

You can register:

All the Events are on the Running Room Events site at [www.runningroom.com](http://www.runningroom.com)



- On line.
- Mail in your registration to:  
Denwood Outdoor Athletics Club  
P.O. Box 3255  
Wainwright , AB  
T9W 1T2
- Register on the day of the event.

## FOR MORE INFORMATION

email: [racedirector.doac@gmail.com](mailto:racedirector.doac@gmail.com)



10K, 5K RACE  
2.5K KIDS RUN  
5K WALK

SATURDAY APRIL 2, 2011  
BUFFALO PARK HALL  
CFB WAINWRIGHT, AB

## REGISTER:

Online: [www.runningroom.com](http://www.runningroom.com)  
Mail in your registration  
or Register on the day of the event

For more information, email:  
[racedirector.doac@gmail.com](mailto:racedirector.doac@gmail.com)