



Dear Running Friends,

Reminding you of our upcoming, 3rd Annual **"Where's Franktown?" Run.**

This 10km, 5km and 1km Family Run was a huge success last year and we hope that you will be able to join us again this year.

### **Saturday, May 12th, 2007**

- just 2 weeks before National Capital Weekend for anyone wishing to 'warm up'
- flat course, 5 and 10 K distances marked every km, water stations along certified route.
- Chip mat timing by Sportstats

### **Special Features Enjoyed by All**

- Free Babysitting service for running parents
- Free Healthy BBQ for all
- Awards and trophies
- Goodie Bags for all children in 5, 10, or 1km runs
- Free t-shirts for all 5 and 10 k runners
- Hand-made Finisher Medals for all 5 and 10 k participants
- 5 and 10 K Certificates for all children under 16

### **REGISTER NOW!**

If you have not yet signed up, there are several choices for you to do so:

1. Online through Events Online - visit <http://www.eventsonline.ca/events/franktown/>
2. Online through the Running Room - visit <http://www.events.runningroom.com/site/?raceId=2206>
3. Printed Registration form (and for more information on the race - visit <http://www.calvaryca.com/WheresFranktownRun/>)

### **Where?**

Calvary Christian Academy in Franktown

- 15 minutes from Richmond, Perth, Smiths Falls and Carleton Place
- 45 minutes from downtown Ottawa
- **Info:** email: [info@calvaryca.com](mailto:info@calvaryca.com) or (613) 283-5089

### **START TIMES:**

5k **10:00 am**  
10k **10:00 am**  
1k **9:45 am**

**ROUTE:** The 5 and 10 K races are held on a flat course beginning at CCA, along Irvine Street in Franktown and then West on the Perth Road (County road #10) and back. This is a flat course (no hills) and is perfect for attempting your PB (personal best time). Distances are marked every kilometre. Water stations are located at the 2.5k and 5k marks. Police security provided by the Ontario Provincial Police. Chip Timing provided by ChampionChip through Sportstats ([www.sportsstats.ca](http://www.sportsstats.ca)). The race route has been certified.

### **ENTRY FEES:**

\$30 for 5 and 10k races / adults  
\$25 return runners  
\$20 youth (16 and under)  
\$5 for 1k family run/walk

### **REGISTRATION OPTIONS**

1. Complete the registration form below and send to:
2. Register Online at [www.eventsonline.ca](http://www.eventsonline.ca) or at [www.runningroom.com](http://www.runningroom.com)
3. Registrations on race day will **only be available for the 5k family run/walk.**

### **Race Day Information**

Registration/Kit Pickup: 8:30 - 9:45 am at Calvary Christian Academy.

