



The 1st Annual
Running Buddies:
"5.1 Run for Fun"

Saturday July 11, 2009
9:00 a.m. at
Loyalist College



Phone: 613-969-1913 ext 2260

Run for Fun Itinerary

8:00 to 8:45 a.m.

- Registration

8:45 to 9:00 a.m.

- Warm-Up with Lorri Taylor

9:00 to 10:00 a.m.

- Run

10:00 to 10:15 a.m.

- Stretching

10:30 to 11:00 a.m.

- Prizes and Draws
- Testimonial from past Running Buddy
- Presentation of donations to Gleaner's

How to Register

You must RSVP for this event. A complete registration form will be filled out at the run. Please contact:

Melanie Lynch

Phone: 613-969-1913 ext. 2260

Email: mlynch@loyalistc.on.ca

Prizes include:

- The SPA at Loyalist Gift Cards for 1st, 2nd and 3rd place
- T-Shirt for the most enthusiastic Running Buddy"
- Gift Certificate from Continuing Education
- Door prizes following the event

This is a "Green" event

- Participants are asked to bring their own water bottle
- In the event of heavy rain/lightning or a smog advisory we will postpone the Run to Saturday July 18.

Fee for Registration

- Wear your Running Buddies T-Shirt and pay only \$15.00
- Without your Running Buddies T-Shirt \$20.00
- Plus—1 non-perishable food item

Gleaner's Food Bank will receive a donation of 90% of the funds raised, in addition to your non-perishable food item. A donation will also go to the Loyalist College Student Bursary Fund.