



## New Year's Resolution Run

### 3 h and 6 h ultra fun run

Combat turbulence - start the year off right with this fun run. This is not a race.

**Date:** Saturday January 5, 2008.

**Start times:** 6-hour run starts at 9 am; 3-hour starts at 12 pm.

**Location:** Breithaupt Park, Margaret Ave. at Union St., Kitchener ON.

**Course:** 4.2km sidewalk loop. Route: Leaving the chalet, turn right on Union St. and go east to Lancaster. Turn right on Lancaster St. and go south to Wellington. Turn right on Wellington St. and go west to Margaret Ave. Turn right on Margaret Ave and go north 1 km to the entrance to the Breithaupt Centre.

**Aid Station:** One station, with hot cider, fruit, cookies, coke and water.

**Cost:** \$28.

**Register:** Registration closes Dec. 20, 2007. Entry is only by pre-registration on-line, and is limited to the first 75 entries received. [www.onlineregistrations.ca](http://www.onlineregistrations.ca)

**Laps recorded:** Completed laps will be recorded.

**Meal:** A large buffet will be provided at the on-site rec. centre, at 3 pm for runners and volunteers. Please show your bib on entering the dining room.

**Draw prizes:** 1 in 3 win a draw prize - must be present to win.

**Showers:** Change room and showers in the rec. centre.

**Directions:** From Hwy. 401, exit onto Hwy 8 North and follow to Hwy. 85 North (Conestoga Parkway). Go east and north on Hwy. 85. Exit onto Wellington St West. Follow Wellington for approximately 2km to Margaret Ave. Turn right onto Margaret and go north about 1km. Breithaupt Centre is on the right, opposite the Giant Tiger store. Follow signs to the start area.

**Contact:** Tony Martin 519 742-3513 [conquerthecanuck@sympatico.ca](mailto:conquerthecanuck@sympatico.ca)

**Results:** Distance will be posted on [www.conquerthecanuck.com](http://www.conquerthecanuck.com)

