

Run Dufferin

presents Chase the Tornado...in support of



Registration for 2015 Chase the Tornado 10K Run & 5K Walk

Date & Time: Sunday, June 7 - kids' fun run - 9:30 a.m., 10k run & 5K run/walk – 10:00 a.m.

Location: Start & Finish at Grand Valley Community Centre, 90 Main Street North, Grand Valley, L9W 5S6

Registration: www.RaceRoster.com until June 4th (transaction fee added; less for groups or families)
at Running Free, 88 First St., Orangeville, L9W 1L2
on Race Day 8:15 – 9:30 a.m. at Grand Valley Community Centre

New for 2015: Register as a team; Youth pricing.

Entry Fee: \$40 pre-registered; Race day registration - \$50; Early bird - \$30; Youth - \$20
Kids' fun run – Free

Bib Pick-up: 8:15 a.m. – 9:15 a.m. on Race Day at Grand Valley Community Centre
noon – 6p.m. on Saturday June 4th at Running Free - Orangeville

Course: Accurately measured 10k. 7.2k paved road, 1.2k well packed unpaved, and 1.6k rail trail.
Run straight down Grand Valley's Main Street. Cross the Grand River 4 times via 3 different bridges.
Most of the route is flat but there are hills! Very pretty, wide open countryside.

Timing: Chip timing by **Enfield Timing**. Results will be posted online. Water stations: at 2k, 5k, & 8k.

Prizes: Medals for male and female winners in 10 year increments (3 deep). \$\$\$ for breaking the course records.
Prizes donated by local businesses.

Misc: Refreshments at finish. BBQ by Grand Valley Lions.

Proceeds benefit the **Upper Grand Trailway Association** and **Grand Valley Minor Hockey Association**.

One entry for every participant

* Mandatory fields asterisked

Last Name*: _____ First Name*: _____

Age on Race Day (June 7, 2015)*: _____ Date of Birth*: month _____ day _____ year _____

Sex*: _____ Address: _____

City*: _____ Email*: _____

Phone: home _____ work _____ cell _____

Technical shirt size*: Male ___ Female ___ XS ___ S ___ M ___ L ___ XL ___ XXL ___

Payment*: \$30 ___ (Early Bird by March 31) \$40 ___ (after March 31) \$20 ___ Youth (under 19)

Team Name: _____

Category*: 10K Run _____ 5K Run/Walk _____ Kids' Fun Run _____