

Special Thanks to ...

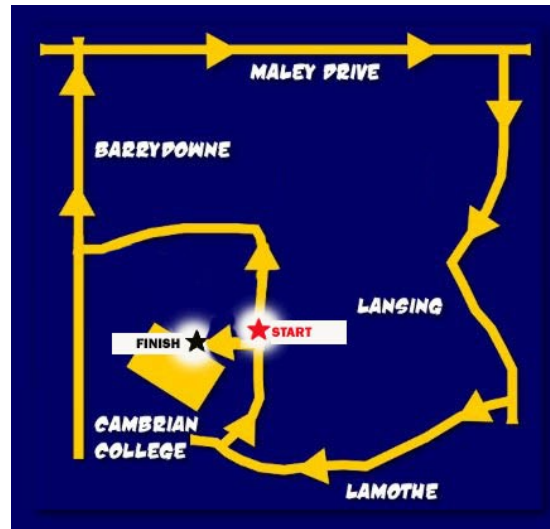
Cambrian Athletics Association
Sudbury Masters Running
Bob Piche
Race-day volunteers



2009 Cross Country Team

From Back row: Spencer Hogan, Josh Bujold,
Reg Peer, Brianna Nichol, Eric Leishman,
George Saul, Celynn Marceau, Nat Taillifer

Race Route



Course: Cambrian College start line to be determined. Athletes will run down Barrydowne Rd. to Maley Dr. connecting to Lansing Ave. , and on to Lamothe St. to finish in the Frank Marsh court yard by the College's reflecting pools.

Directions: To reach the Cambrian College campus, drive up Barrydowne Rd and past the New Sudbury Shopping Centre. Continue driving through the lights until you reach the next set of lights. Here, take the slight right and continue right until you reach one of the campus parking lots. There will be volunteers assisting with further on-campus directions.

SPRING 5km Tune-Up

April 11, 2010
Start at 10am
Cambrian College



A fundraising
effort for the
Cross Country
running teams

Background Information

Scrape off the winter's salt from those running shoes and see where your training is at in the first road race of the season: the Cambrian College Spring Tune-up.

Despite a several year hiatus, the Spring Tuneup is back in action. Spear-headed by Meghan Juuti, head coach of the Cambrian cross country team, and Bob Piche, athletic director of Cambrian Athletics, the 5km race is making a comeback and kicking off the racing season. Mark your calendars, this race is here to stay!

Runners, walkers, and joggers of all ages are welcome. Bring the kids, bring the dogs, bring your spring spirit, and support Cambrian College.

All proceeds will go directly toward the men's and women's cross country teams and will help with the goal of representing Cambrian College at Nationals in Fredericton, NB next year.

Course: The course is a 5km loop that begins at one of the entrances to the College and finishes at the campus courtyard. It is comprised of all right hand turns and includes running on quieter New Sudbury side streets. Being mostly flat with one small hill, this course is definitely a fast one!

Pre-registration: Complete the right hand portion of this pamphlet and send to the address outlined below. Race packages will be available on race day.

Race day entries: Register up to 30min prior to the start of the race at a fee of \$15 .

Shirts: The fastest finishers (male and female) in each age group will receive a t-shirt. There will also be a draw for tshirts after all awards are distributed.

Awards: First place overall Male and Female and individual age-group awards.

Age Group: There will be numerous age-groups, ranging from five year increments (starting at 10 and under), and extending to ten year increments (starting at 60-70).

Post-race celebration: An awards ceremony and post-race snacks will be available after the race.

Facilities: Restroom facilities will be available inside the college.



Cambrian Spring 5km Tuneup

Registration Form

Last Name: _____

First Name: _____

Address: _____

Phone: _____

Gender: _____ Age on race day _____

In consideration of my entry being accepted, I, intending to be legally bound, do hereby waive, release, and forever discharge any and all rights claims for damage which hereafter occur to me, or the underage participant, against Cambrian College, and any and all sponsors or volunteers, for any injuries suffered by me during this event. I further state that I am in proper physical condition to compete in this race.

Signature of Participant

Signature of Parent/Guardian (if under 18 years)

Entry Fee:

Received by April 5.....\$10.00

Race Day.....\$15.00

Cheques payable to:

Cambrian College

Mail to:

Cambrian College
Athletics Department
1400 Barrydowne Rd.
Sudbury, ON
P3A 3V8

Questions:

Meghan Juuti

705-920-0100 or Meghan.juuti@cambriancollege.ca