



5<sup>th</sup> ANNUAL Coalhurst Family

# 2018 CINNAMON BUN RUN 5K

## COURSE INFORMATION:

- 5km chip timed run or walk
- Kids in strollers WELCOME!

## CATEGORIES:

- |                                   |                                  |                                |
|-----------------------------------|----------------------------------|--------------------------------|
| <input type="checkbox"/> Under 10 | <input type="checkbox"/> 11-15   | <input type="checkbox"/> 16-19 |
| <input type="checkbox"/> 20-29    | <input type="checkbox"/> 30-39   | <input type="checkbox"/> 40-49 |
| <input type="checkbox"/> 50-59    | <input type="checkbox"/> Over 60 |                                |

## ENTRY INFORMATION:

- General registration \$20
  - **With t-shirt \$35 (pre-order only)**
- Kids aged 15 and under \$10
- Family \$40 (up to six family members)
- Kids in strollers are FREE
- Entry fees include: post run refreshment and participant medals
- Category medals: 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place
- Fun prizes: Largest family, 1<sup>st</sup> stroller, Youngest runner, Oldest runner, Last place

ENCOURAGE HEALTHY OUTDOOR  
ACTIVITY AND ENHANCE FAMILY TIME!



October 13, 2018 10:00am

Entry forms available at the Town office or online at [racepro.ca/coalhurst](http://racepro.ca/coalhurst)

FUNDS RAISED WILL BE DIVIDED BETWEEN THE TOWN OF COALHURST RECREATION PROGRAM AND THE FRIENDS OF THE COAHURST HIGH SCHOOL SOCIETY

RUN VOLUNTEERS NEEDED!

Call Deb at 403-394-5150 or email [rec@coalhurst.ca](mailto:rec@coalhurst.ca)