



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

# 2019 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"/> 60-69 | <input type="checkbox"/> Over 70 |

## ENTRY INFORMATION:

- General registration \$20
- Fun Run T-shirts \$20
- Kids aged 15 and under \$10
- Family \$50 (2 parents, 2 children maximum)
- 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

ENCOURAGE HEALTHY OUTDOOR  
ACTIVITY AND ENHANCE FAMILY TIME!

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

**October 19, 2019 10:00am**  
 Entry forms available at the Town office or online at [racedpro.ca/coalhurst](http://racedpro.ca/coalhurst)

