

### HOW TO REGISTER

- Online registration at www.loaring.com \*Online registration closes at 9pm EST Oct 24th.
- In-person at The Running Works during hours of operation from Aug 12 - Oct 25
- Day Before Registration at The Running Works during Race Kit Pick-Up on Oct 25th between 3:30pm to 6:30pm
- Race Day (Oct 26th) between 8:30am and 9:30am (8:30am to 9:30am for Kids Dash) at the race site (Colonial Drive Park)

# **SPONSORS**



















## PLEDGE SHEET

									Sponsor Name
									Address
			177						Postal Code
TOTAL			5		-12				Postal Pledged <b>Paid</b> Code
									Paid

RACE ENTRY FEE WAIVED WITH OVER \$100.00 IN PLEDGES

#### PROCEEDS SUPPORT

Guelph Track Project &
St. Ignatius of Loyola Hawks

### OFFICIAL ENTRY FORM

Name:
Address:
City:
Prov/Postal:
Phone:
Email:
Club/Team:
School:
☐ Male ☐ Female
Birth date//(gd) / (yy)
(Age on Race Day)
Check only one:  5k Run
Kids Dash
☐ 5k Walk
Registration Fees

#### REGISTRATION FEE by Oct SCHEDULE: (please circle Oct Oct 1 25-26 5k Run/Walk 25 30 35 5k Run/Walk (students) 20 25 30 Kids MONSTER Dash 10 12 15

Participant's/Guardian's	Signature
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Date

For further information, contact james@loaring.com

## HIGHLIGHTS

- \* Halloween-inspired event for all ages, abilities, and families
- \* Scenic 5k loop through Westminster Woods's beautiful roundabouts, neighbourhood roads, and haunted trail network
- \* Spectator-friendly 500m Kids MONSTER Dash (ages 1 to 12)
- \* Post-Race Treats for all participants & volunteers provided by Einstein's Cafe & Booster Juice Guelph
- \* Proceeds Support the Guelph Track Project & St. Ignatius of Loyola Hawks
- \* Charity Raffle
- \* New Balance shoes awarded to 'best' Participant Costume & 'best' Volunteer Costume
- \* Glow in the Dark Monster Green Shades & westMONSTERrun Microfiber Pouch

## PRIZES AND AWARDS

#### 5k Run:

Ribbons for Top 3 in each age-group for both men and women. Prizes for top three overall for both men and women

#### Kids MONSTER Dash:

Finishers home-made ribbon by local elementary students

#### PLEDGE INCENTIVES

\$100-\$199 Free entry

\$200-\$499 Free entry &

\$50 gift certificate to

The Running Works

\$500+ Free entry &

\$50 gift certificate to The Running Works &

New Balance Running shoes

### SCHEDULE

#### WHERE:

Colonial Drive Park 251 Colonial Drive Guelph, Ontario N1L 0G4



Oct 24 9:00 PM - Online Registraton closes

Oct 25 3:30 PM - Day Before Registration and Race Kit Pick-up begins at The Running Works

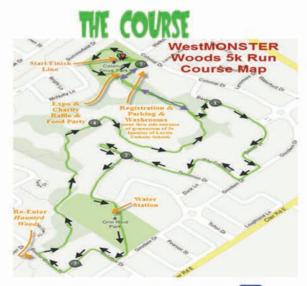
Oct 26 8:30 AM - Race Day Registration (and Race Kit Pick-Up) for 5k begins

Oct 26 8:30 AM - Race Day Registration (and Race Kit Pick-Up) for Kids Dash begins

Oct 26 10:00 AM - Kids MONSTER Dash Start

Oct 26 10:15 AM - 5K Run/Walk Start

Oct 26 11:00 AM - Food Party and Awards



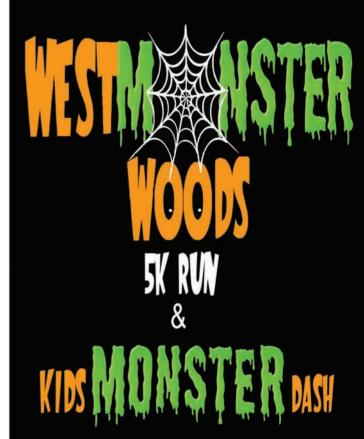
"like" Westmonster Run on



"follow" @teamLPC on







10am Saturday, October 26th, 2013 Colonial Drive Park, Guelph

