

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

TIME:

- 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

THE COURSE



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 **LOARING.com**

WESTMONSTER WOODS 5K RUN

&

KIDS MONSTER DASH

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

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