

Location

BEST WESTERN CAIRN CROFT
6400 LUNDY'S LANE
NIAGARA FALLS, ON

Schedule

REGISTRATION: 9:30 A.M.
5 K RACE & FUN RUN: 10:30 A.M.
LUNCH: 11:30 A.M.
AWARDS: NOON

Entry Fees

5k RACE: \$25
FUN RUN: \$10 (per adult)
\$5 (per child)
\$25 (per group of 4)
LUNCH (pasta/salad/drink) \$7 (per person)

NOTE: Pasta lunch will be available to purchase for all participants.

Medals

Awarded to the top 3 females & top 3 males in the following age categories:

14yrs. & under	30yrs. ~ 34yrs.	55yrs. ~ 59yrs.
15yrs. ~ 19yrs.	35yrs. ~ 39yrs.	60yrs. ~ 64yrs.
20yrs. ~ 24yrs.	40yrs. ~ 44yrs.	65yrs. ~ 69yrs.
25yrs. ~ 29yrs.	45yrs. ~ 49yrs.	70yrs. & up
	50yrs. ~ 54yrs.	

 **Project S.H.A.R.E.**
Our Community At Work

Bring a Canned Good in Support of
Project S.H.A.R.E!



Best Western
Cairn Croft Hotel

CYTEC CANDY CANE LANE RUN

\$ 99

ACCOMMODATION PACKAGE

- ☞ Race Day Breakfast (up to 2 Adults & 2 children)
- ☞ Late Check Out
- ☞ Runner's Welcome Kit
- ☞ Free Parking

Two night packages also available.

Available November 29th, 2009 only

Contact Best Western Cairn Croft at
1.800.263.2551

SUPPORT OUR SPONSORS

CYTEC



Additional Support Provided By

Americana Conference Resort & Spa

Brooks Canada

McDonalds-Niagara Falls

No Frills, Lundy Lane

CASH PRIZES!

CYTEC CANDY CANE LANE 5 K RACE & FUN RUN



NOVEMBER 29, 2009

Presented by:



REGISTER TODAY:

905.374.1616 x. 40 or WFOL.com



5 K COMPETITIVE RACE

The competitive **5k Race** travels a 2.5 km route that begins and ends at the Best Western Cairn Croft Hotel on Lundy's Lane (a.k.a. Candy Cane Lane). The Entry Fee is \$25 and each participant will receive a t-shirt. Additionally, prizes will be awarded in 13 age categories, while the Overall Male and Overall Female finishers will each receive a \$250 cash prize.

FUN RUN

The **Fun Run (2.5km)** provides everyone the opportunity to participate in an outdoor activity while raising pledges in support of a great cause. Participants are encouraged to walk, run, ski or sled the route with family, friends, pets and neighbours. The Entry Fee is \$10 per adult, \$5 per child or \$25 for a group of four (4). Participants will receive a t-shirt, while those that secure pledges for Project S.H.A.R.E. have the opportunity to earn prizes. The participant who raises the most funds over \$1000 will receive 4 VIP passes to the 2010 Opening Ceremonies.



