

2009 Race Schedule

March 2009



Denotes a RoadRunner
Points Race

March 14, 2009 **The St. Patrick's Day 5K Fun Run/Walk
in aid of Easter Seals**



Saturday **5K**

Starting Time: 9:00 a.m.

Registration: 8:00 a.m. at UPEI Sports Centre

Fundraiser: Easter Seals

Contact: Stanley Chaisson stan@getinmotion.ca

Brodie O'Keefe

Course Description: Start at the University, down the Confederation trail to Mount Edward Road, down
Mount Edward to Belvedere and back on the trail to the University.

March 28, 2009 **Charlottetown Bluefin 5K
Fun Run/Walk**

Saturday **5K**

Starting Time: 10:30 am

Registration: 9:30—10:30 CARI Fitness Centre

Fundraiser: Bluephin Equipment Fund

Contact: Les MacKay (902) 566-1792 or (902) 368-6905
lkmackay@edu.pe.ca

Course Description: Through UPEI, and on the Confederation Trail



2009 Race Schedule

April 2009



Denotes a RoadRunner
Points Race

April 4, 2009

WR3 — Wear Red Road Race

Saturday

Half Marathon, 10K & 5K



Starting Time: Check the web site <http://www.wr3.callard.ca/>

Registration: Check the web site <http://www.wr3.callard.ca/>

Sponsor: Check the web site <http://www.wr3.callard.ca/>

Contact: Allan Callard
Doug MacEachern

H(902) 894-4386 allan@callard.ca
DAMacEachern@hotmail.ca

Course Description: Check the web site <http://www.wr3.callard.ca/>

April 11, 2009

Dairy Queen Bunny Hop

Saturday

10K



Starting Time: 9:00 a.m.

Registration: 7:30 a.m. at Dairy Queen,
University Avenue, Charlottetown

Sponsor: Dairy Queen & Source for Sports

Contact: TBD

Course Description: Few Hills, but quite fast



2009 Race Schedule

April 2009



Denotes a RoadRunner
Points Race

April 18, 2009

Col. Gray/McDonald's Run for SADD

Saturday

10K Run and 5K Run/Walk



10K only

Starting Time: 9:00 a.m.

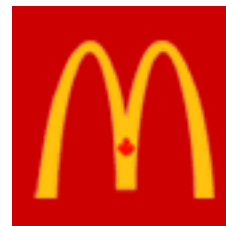
Registration: 8:00 a.m. at Colonel Gray High School

Sponsor: McDonald's Restaurant

Fundraiser: SADD (Students Against Drunk Drivers)

Contact: Stephen Shoemaker 368-6860 seshoemaker@edu.pe.ca

Course Description: Both hilly and flat sections



April 25, 2009

Sporting Intentions 10K Run

Saturday

10 K



Starting Time: 9:00 a.m.

Registration: 8:00 a.m. at Sporting Intentions, 614 North River Rd.

Fee: \$10.00

Fundraiser: Heart & Stroke Foundation

Contact: Dawn Paynter 388-7696
 dawnpaynter@hotmail.com

 Andrew Scott 892-4713
 sportingintentions@hotmail.com

Course Description: Some Hills

For Race Map, go to

<http://www.mapmyrun.com/run/canada/pe/charlottetown/842301836>

2009 Race Schedule

May 2009



Denotes a RoadRunner
Points Race

May 2, 2009

Proude's Shoes 5K

Saturday

5K



Starting Time: 9:00 a.m.

Registration: 8:00 a.m. at Proude's Shoes - Sherwood Business Centre

Fee: \$10 / \$20 per family

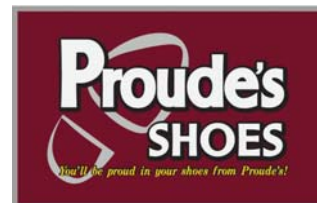
Sponsor: Proude's Shoes - Saucony

Fundraiser: Canadian Diabetes Assoc.

Contact: Kevin Proude

894-3504 info@proudesshoes.com

Course Description: A nice run for all abilities through the streets of Sherwood.



May 3, 2009

CBI Island Physiotherapy Food Drive Fun Run

Sunday

5K (Walk/Run) and 10K Run

Starting Time: 9:00 a.m.

Registration: 8:00 a.m.—Main Lobby - Polyclinic Professional Center

Fee: \$10.00 and non perishable food donation (greatly appreciated)

Fundraiser: 100% of proceeds going towards the Upper Room Food Bank.

Sponsor: CBI Health

Contact: Jenna Gallant

902-566-5212 and/or jgallant@cbi.ca

Course Description: Two 5km loops around charlottetown, starting and finishing at the Polyclinic Professional Center. Get together with friends and run for a great cause!

2009 Race Schedule

May 2009



Denotes a RoadRunner
Points Race

May 9, 2009

Saturday



Clark's Toyota 5 Miler

5 Miles



Starting Time: 9:30 a.m.

Registration: 8:45 a.m. till race time at Scott Clark's Home , 1667 Linkletter Rd. 1 K west of the Summerside Golf Course on Rte.11

Fee: \$10.00

Fundraiser: Children's Wish Foundation

Contact: Scott Clark (902) 888-2961 or (902)436-5800 s.clark@clarkstoyota.ca

Special Instruction or Notice: A perfect distance for runners of all abilities. Lots of prizes and refreshments. A great run to help kick-start your running season and help support a very worthwhile charity.

Course Description: Flat looped course run partially on the Linkletter Rd., Confederation Trail and the Kinsmen Rd (dirt road).

May 16, 2009

Saturday



10K only

**Rural Raider Run for
Healthy Eating Alliance**

10K Run and 5K Run/Walk



Starting Time: 9:30 a.m.

Registration: 8:30 a.m. at Charlottetown Rural High School

Sponsor: Great Canadian Bagel

Fundraiser: Rural Healthy Eating Committee

Contact: Les McKay (902) 566-1792 or (902) 368-6905
lkmackay@edu.pe.ca

Course Description: 1K uphill and then fairly flat

2009 Race Schedule

May 2009



Denotes a RoadRunner
Points Race

May 23, 2009

Legs for Literacy Run

Saturday

5K & 10K Run, and 1K Fun Run

Starting Time: 9:30 a.m.

Registration: 8:30 a.m. (race day) at Glen Stewart School, or contact race directors for pre-registration starting May 15, 2009

Sponsor: TBA

Fundraiser: Glen Stewart Elementary Literacy Lab

Contact: Jan Rankin 902-368-5182 jkrankin@edu.pe.ca
Kim Bailey 902-368-9019 dkbailey@pei.sympatico.ca

Course Description: 1K Fun Run - around Glen Stewart Elementary School 5 K & 10K Runs - start at the school and run through the residential streets of Cotton Park and Stratford and return to the school.

May 30, 2009

Red Island Relay

Saturday

**7.5K run, 26K bike, 10K run,
17K bike, 6K paddle**



Starting Time: 9:00 a.m.

Registration: 7:00 - 8:30 a.m. at Brudenell Provincial Park Activity Centre

Fee: \$50

Sponsor: Outside Expeditions, Maritime Electric, Kwik Kopy, Necky Kayaks, Giant Bicycles, WestJet, Aerospace PEI, PEIStuff Online

Fundraiser: Red Cross and Heart & Stroke Foundation

Contact: Ardelle Hynes 963-3366 adventure@getoutside.com
Ken Sampson 394-3027 peifistaid@gmail.com

Special Instruction Please check www.redislandrelay.com for race rules.

Course Description: All legs start and finish from the Brudenell Prov. Park Activity Centre. Leg 1: 7.5 K run Leg 2: 26 K road bike Leg 3: 10 K run Leg 4: 17 K trail bike Leg 5: 6 K paddle (canoe or kayak)

2009 Race Schedule

June 2009



Denotes a RoadRunner
Points Race

June 6, 2009

Cornwall Classic

Saturday

2K Walk, 5K & 10K Run

Starting Time: 9:00 a.m.

Registration: 8:00 a.m. at Ferry Rd Centre

Fee: \$10.00

Sponsor: Cornwall Physiotherapy & Rehabilitation & Cornwall Save Easy

Contact: Josh Whitty

628-62601 ext 226 jwhitty@pei.aibn.com

June 13, 2009

PEI Parks Trail Run

Saturday

10 K



Starting Time: 9:00 a.m.

Registration: 8:00 a.m. At the Trail entrance in Milton (on Route 248)

Fee: \$15, includes free t-shirt for first 80 registered

Sponsor: PEI Provincial Parks

Fundraiser: Canadian Cancer Society

Contact: Paul Baglole

566-4834 (h) or 368-6334 (w) pamand-paul@islandtelecom.com

Course Description: Flat and easy on Confederation Trail



2009 Race Schedule

June 2009



Denotes a RoadRunner
Points Race

June 20, 2009

Saturday



DeltaWare Systems Inc. 5K Run

5 K



Starting Time: 9:00 a.m.

Registration: 8:00 a.m. at Atlantic Technology Centre

Fee: \$10.00

Sponsor: East Coast Cresting

Fundraiser: Island Hospice Association

Contact: Allana Cameron

628-4624

Allana.Cameron@Deltaware.com

Sarah Zakem

368-8122 Sarah.Zakem@Deltaware.com

Course Description: A nice run for all abilities through the streets of Charlottetown.

For Race Map, go to <http://www.mapmyrun.com/run/canada/pe/charlottetown/620898355>

June 27, 2009

Saturday



Half Marathon only

Fulton Campbell Half Marathon & 5 K

Half marathon & 5 K

STEWART MCKELVEY

Starting Time: 9:00 a.m.

Registration: 8:00 a.m. at Montague Consolidated School,
Princess Dr., Montague

Sponsor: Stewart McKelvey

Contact: Kimberley Bailey

902-368-9019 dkbailey@pei.sympatico.ca

Special Instruction or Notice: The Half marathon is a Points Race. The 5K run is not a Points Race. Neat entrance gifts, post race BBQ with all the trimmings, door prizes drawn. Great value for your dollar. Fee: \$10 for 5K, \$20 for Half, free for kids under 16

Course Description: The Half Marathon starts at MCS and proceeds through a residential area. The run then goes along the Montague River, towards Knox's Dam. Onto Queens Rd and then Union, the race become more rural. Take a right hand turn onto Rte #3 which will take you to Pooles Corner, hang a right onto Rte 4 . Bells Hill is just ahead! The race continues straight into Montague, at the intersection turn right onto Queen's Road, continue and then turn left at Princess Dr. Back at the School. The 5K race finishes on the Union Rd. Hilly, challenging...a little something for everyone!! Scenic and hilly

2009 Race Schedule

June 2009



Denotes a RoadRunner
Points Race

June 28, 2009

5th Annual Bennie Bernard Memorial

Sunday

6K Run/Walk and 3K Kids(10 & under)

Starting Time: 1:30 pm

Registration: 12:00 p.m. at Palmer Road Church

Fee: \$5.00

Fundraiser: Parish Fundraiser

Contact: Randy Allain

(902)882-3467

rallain@pei.sympatico.ca

Special Instruction or Notice: The 3K kids run is a 1.5K out and back with safety for all participants #1 priority of the organizers

Course Description: Out and back on Route 155, Thompson Road Palmer Road-Nice run and event for all family members

2009 Race Schedule

July 2009



Denotes a RoadRunner
Points Race

July 11, 2009

Saturday

23rd Souris Multisport Relay

7.5 K Run, 4K paddle, 21K bike

Starting Time: 9:00 a.m.

Registration: 8:00 a.m. at Beach House on Souris Beach

Fee: \$15.00/participant adult, \$10.00/youth (18 years and younger)

Sponsor: Souris Seafest, Multi-Sport Relay

Contact: Chrissy Conohan- Town of Souris 687-2157, extension 0
cconohan@sourispei.com

Marguerite Arsenault 687-7041 mkarsenault@gov.pe.ca

Special Instruction or Notice: 4, 3 or 2 Member Teams, IronMan, and IronWoman. You can also register to do the run only.

Course Description: The relay consist of : Run-7.5 K , Canoe/Kayak- 4K , and cycle 21 K .



July 19, 2009

Sunday

Dunk River Run (32nd Annual)

7.22 Miles (11.6 K)

Starting Time: 9:00 a.m.

Registration: 8:00 a.m. at Central Bedeque Arena

Sponsor: Callbeck's Home Hardware—Title Sponsor

Contact: Paul Wright (902) 887-2431 xcskinutpw@pei.sympatico.ca

Course Description: Scenic loop around the Dunk River



2009 Race Schedule

July 2009



Denotes a RoadRunner
Points Race

July 25, 2009

Cox & Palmer Run/Walk

COX & PALMER

Saturday

5K and 10K runs, 5K walk

Starting Time: 9:00 a.m.

Registration: 8:00 a.m. at Cox & Palmer Law Office, corner Water and Great George Streets, Charlottetown

Fee: \$10.00 person/\$15.00 family.

Sponsor: Cox & Palmer

Fundraiser: P.E.I. Prostate Cancer

Contact: Ron Profit 902 629 3908 rprofit@coxandpalmer.com

Tanya Gregory 902 629 3920

Special Instruction or Notice: Awards and draw prizes to follow run/walk

Course Description: Run/walk along Charlottetown waterfront and historic downtown.



July 25, 2009

22nd Annual Potato Blossom Run

Saturday

5K and 10K

Starting Time: 9:00 a.m.

Registration: 8:00 a.m. at TBA

Sponsor: Rodd Hotels and Resorts, Pepsi

Contact: Carly Cadoo 902-859-1575
ccadoo@roddhotelsandresorts.com

Course Description: 5K - Beginning at the Aquaplex out of Mill River Resort turn left onto Mill Road to the 2.5k mark and come back.
10K - Beginning at the Aquaplex out of Mill River Resort turn left onto Fortune Cove Road to the 5k mark and come back.

Fairly Flat with a couple of small gradual hills.

2009 Race Schedule

August 2009



Denotes a RoadRunner
Points Race

August 1, 2009

Mount Edward Grocery Memorial Run

Saturday

5 Miles

Starting Time: 9:00 a.m.

Registration: 8:00 a.m. at Mount Edward Grocery

Fee: \$5.00

Sponsor: Mount Edward Grocery

Contact: Tanya Gregory 368-2457

Course Description: Double loop course through Sherwood



August 2, 2009

Brookvale Ultra Trail Marathon

Sunday

10K / 25K / 50K

Starting Time: 8:00 a.m.

Registration: 7:00 a.m. at the Brookvale Nordic Centre

Fee: 10K—\$10.00 25K/50K—\$30.00

Contact: Shawn McCardle 887-3751 (h) smmccardle@live.ca

Course Description: 25 km course using Provincial Park nordic ski trails, single track mountain bike trails, heritage roads, and Provincial Forestry Demo Woodlot trails. 50 km does course twice.

2009 Race Schedule

August 2009



Denotes a RoadRunner
Points Race

August 8, 2009

Source for Sports Road Race



Saturday

10k



Starting Time: 9:00 a.m.

Registration: 8:00 - 9:00 a.m. at Summerside Intermediate School
across from Queen Elizabeth Park

Fee: \$10

Sponsor: Source for Sports

Fundraiser: Children's Wish Foundation

Contact: Mike & Rachel Cameron

902 436-8832

camerons@pei.sympatico.ca

Course Description: Flat and Fast

August 21, 2009

Gold Cup Trot



Friday

5K

Starting Time: 9:40 a.m. sharp, just prior to parade

Registration: 8:00 a.m. at Victoria Park Ball Diamond Clubhouse or pre-register at
Proude's Shoes

Fee: \$10.00

Sponsor: Proude's Shoes/Atlantic Superstore

Fundraiser: President's Choice Children's Charity

Contact: Rob MacKenzie

902-675-2769

mackmail@isnhighspeed.ca

Special Instruction or Notice: Plan on arriving early as parts of downtown are closed for the parade. Pre-register at Proude's Shoes and qualify for an early-bird draw for a pair of running shoes

Course Description: A flat fast course on part of the Gold Cup Parade route, with thousands of spectators to cheer you on!!!

2009 Race Schedule

August 2009



Denotes a RoadRunner
Points Race

August 15, 2009

Kensington Harvest Festival

Saturday

25K



Starting Time: 9:00 a.m.

Registration: 8:00 a.m. at Church Of Scotland on Route 225 Stachel P.E.I

Fee: \$15.00

Sponsor: Malpeque Bay Credit Union and Kensington Lion Club

Pre-registration: Pre-registration the night before ... Contact Ivan

Contact: Ivan Gallant

836-4124 (H) 836-8915 (W)
i.gallant2@pei.sympatico.ca

Course Description: Starts on Route 225 in Stachel with some nice rolling hills for the first 10K through some very scenic country side into the village of Kinkora ,onto Route 109 by beautiful Scales Pond following route 109 Via Freetown finishing at Community Gardens in Kensington

August 22, 2009

Kent Building Supplies Run

Saturday

7K



Starting Time: 9:00 a.m.

Registration: 8:15 a.m. at Kent Building Supplies, Bloomfield

Fee: \$10.00

Sponsor: Kent Building Supplies

Fundraiser: Breast Cancer

Contact: Randy Allain

(902)882-3467 (h) (902)432-5257 (w) ral-
lain@pei.sympatico.ca

Kent Store

(902)859-4291

Special Instruction or Notice: Great run for all abilities

Course Description: Looped course with small hilly sections around Mill River East, Bloomfield Industrial Park, Hwy 2

2009 Race Schedule

August 2009



Denotes a RoadRunner
Points Race

August 23, 2009

Desmond Baglole Scenic Road Run

Sunday

15 K



Starting Time: 10:00 AM

Registration: 9:00 AM at Millvale, at intersection of Route 239 and 231

Fee: \$15.00

Fundraiser: Holland College Bursary

Sponsor: Proude's Shoes

Contact: Paul Baglole 566-4834 (h) or 368-6334 (w) pamand-
paul@islandtelecom.com

Course Description: Hilly, challenging course mostly on unique PEI red dirt
Scenic Heritage Roads
For Race Map, go to
[http://www.mapmyrun.com/run/canada/pe/
millvale/624526422](http://www.mapmyrun.com/run/canada/pe/millvale/624526422)

August 29, 2009

Friendship Run for Prince County Hospital

Saturday

10K



Starting Time: 9:00 a.m.

Registration: 8AM at Wilmot Community Center Summerside

Fee: \$12.00 (\$10.00 for RoadRunner Members)

Sponsor: Source for Sports

Fundraiser: Prince County Hospital

Contact: Michael Irvine 436-6224 mirvine@eastlink.ca

Course Description: Scenic looped course through forest, Confederation Trail and streets of Summerside.

For Race Map, go to [mapmyrun.com](http://www.mapmyrun.com) (search for Summerside routes)
<http://www.mapmyrun.com/run/canada/pe/summerside/726949176>



2009 Race Schedule

September 2009



Denotes a RoadRunner
Points Race

September 5, 2009

Banks Financial Group Charity Run/Walk

Saturday

5K



Starting Time: 9:00 a.m.

Registration: 8:00 a.m. at Banks Financial 30 Pond Street Charlottetown

Sponsor: Tom Banks Banks Financial Group

Fundraiser: Arthritis Society Joints In Motion

Contact: Maureen Leard (902) 566-2996 mmleardedu.pe.ca

Course Description: Fast easy course. Great for beginners

September 6, 2009

Rotary Run for Mikinduri

Sunday

15K and 5K Run, and 5K Family Walk

Starting Time: 9:00 a.m.

Registration: 8:00 a.m. at the Metro Credit Union—Stratford

Sponsor: Metro Credit Union

Fundraiser: Mikinduri Children of Hope and
Rotary Club of Stratford

Contact: Ken Fisher—394-0662 Ken-fisher@coldwellbanker.ca

Course Description: The 15K is a tough, grueling hill run, that's sure to test the strongest of hearts! It also makes a great training run for the PEI Marathon. But don't worry, for those into enjoying the last bit of summer, the 5K is just kind of fun, social-able run that gets your Sunday started right. Great Prizes! Post Race BBQ and African Food.

2009 Race Schedule

September 2009



Denotes a RoadRunner
Points Race

September 12, 2009

ADL Golden Mile Run

Saturday

1 Mile



Starting Time: 9:00 a.m.

Registration: 8:00 a.m. at Queen Charlotte Jr. High, Charlottetown

Sponsor: Amalgamated Dairy Limited

Contact: Loretta Van Ekris 566-4578

Ewen Stewart 672-3668

Course Description: Flat and Fast on North River Road



September 13, 2009

Terry Fox Run

Sunday

5K or 10K

Registration: at Various locations across the Island

Course Description: Check www.terryfoxrun.org for details



2009 Race Schedule

September 2009



Denotes a RoadRunner
Points Race

September 19, 2009

Miscouche Firefighters 10 Mile Run

Saturday

10 Miles (16.02 K)



Starting Time: 9:00 a.m.

Registration: 8:00 a.m. at Miscouche Fire Hall

Fee: \$10.00

Sponsor: Source for Sports and Clark's Toyota

Contact: Mike MacKinnon (902) 436-7622 mtmackinnon@edu.pe.ca



Special Instruction or Notice: A great tune up run for PEI half marathoners or speed work for marathoners even if your program doesn't have it on it.

Course Description: Out and back course on Lady Slipper Drive and Belmont Rd.

September 26, 2009

UPEI Homecoming Weekend 5K Fun Run

Saturday

5K

Starting Time: 9:00 a.m.

Registration: 8:00 a.m. at W.A. Murphy Student Centre
at the UPEI Campus

Fee: \$10.00

Fundraiser: Proceeds will go to support the UPEI Student Union & UPEI Alumni
Association Leadership Bursaries.

Contact: Ellen Sherren esharren@upei.ca

Special Instruction or Notice: Be sure to stick around for some of the many UPEI Homecoming events taking place on campus - visit www.upei.ca/homecoming for details!



2009 Race Schedule

October 2009



Denotes a RoadRunner
Points Race

October 4, 2009

Run for the Cure

Sunday

5K



Registration: at Confederation Park Landing - Charlottetown

Course Description: Check with www.cbcf.org for details

October 10, 2009

PEI Dept. of Forestry Vista of Colours Run (Fall Frolic -
Points for 12.3 only)

Saturday

4.6 K and 12.3 K



12.3K only

Starting Time: 10:00 a.m.

Registration: 9:00 a.m. at Harmony Woodlot, Souris

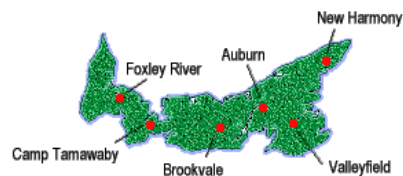
Sponsor: PEI Dept of Environment, Energy and Forestry

Fundraiser: MacIntyre House

Contact: Kim Bailey 368-9019

Kevin Brothers 961-7296

Course Description: Cross country/trail run
*Entrance gifts,
unique door prizes,
Post race BBQ.*



2009 Race Schedule

October 2009



Denotes a RoadRunner Points Race

October 17th & 18th, 2009

Prince Edward Island Marathon presented by BMO Nesbitt Burns

Saturday/Sunday

Full Run, Half Marathon Run/Walk, 10K Run/Walk 5K Run/Walk and Kids Spud Run



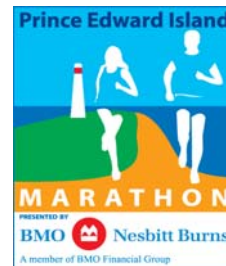
Marathon, Half Marathon and 10K Runs only

Starting Time: All Races on Sunday, Oct. 18th
Marathon starts at 9:00 am, all other events at 10:00 am

Registration: On Line at www.princeedwardislandmarathon.com

Sponsor: BMO Nesbitt Burns & Many Others

Contact: Myrtle Jenkins- Smith (902) 628-1861
info@princeedwardislandmarathon.com



Special Instruction or Notice: Health & Wellness Expo, Pasta Dinner, and Awards Ceremonies.

Course Description: Marathon (Boston Qualifier) and Corporate/Team Relay start in the North Shore and end in downtown Charlottetown. Half Marathon, 10 K, and 5K events all take place in and around downtown Charlottetown.

Kids Spud Run at CDPEC Race Track (Saturday Oct. 17—Time: TBA).

For Race Map, go to www.princeedwardislandmarathon.com

October 24, 2009

**2nd Annual Halloween Hustle
5K Fun Run**

Saturday

5 K Fun Run (Walkers Welcome)

Starting Time: 9:00 a.m.

Registration: 8:00 a.m. at Kensington Farmers Market (*by the train station*)

Special Note: Don't forget to wear your Halloween Costume. There will be a prize for the best dressed.

Fundraiser: IWK Health Centre & Kensington Fit Plex (gym equipment)

Contact: Lynn Anne Hogan 836-4348 lahogan@pei.aibn.com

Ronda Bellefontaine 886-2778 ronda@prideoftheisle.ca

Course Description: Flat out-and-back course on the Confederation Trail. Leaving the Kensington Farmers Market heading west towards Summerside and back..

2009 Race Schedule

November 2009



Denotes a RoadRunner
Points Race

November 21, 2009

Recycle Run

Saturday

5K and 10K

Starting Time: 9:00 a.m.

Registration: 8:00 a.m. at Montague Train Station

Fee: \$5 plus a donation of old runners or t-shirts

Fundraiser: FAME - Fellowship of Associates of Medical Evangelism

Contact: Debby Hughes 838-4527

Course Description: Out and back course on Montague Trail



November 28, 2008

T'was the Month Before Christmas Run

Saturday

5K and 10K

Starting Time: 9:00 a.m.

Registration: 8:00 a.m. at UPEI Student Centre

Fundraiser: PEI Roadrunners Club

Contact: Kim Bailey 368-9019
dkbailey@pei.sympatico.ca

Course Description: Loop Course around UPEI Campus



2009 Race Schedule

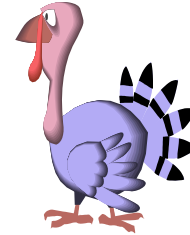
December 2009



Denotes a RoadRunner
Points Race

December 5, 2009

**Souris Turkey Trot
(13th Anniversary)**



Saturday

5K Fun Run

Starting Time: 1:25 p.m.

Registration: 12:15 p.m. at Souris Consolidated School

Contact: Donna Campbell-Dixon 357-2714

Sara Deveau 687-3067 devmac@pei.sympatico.ca

December 12, 2009

Ole Charlottetown Christmas Run & Party

Saturday

5K

Starting Time: 5:00 p.m.

Registration: 4:00 p.m. - Location: TBA

Sponsor: PEI Roadrunners Club

Contact: Bethany Lucas 566-4062

Judy West 894-9936

Course Description: Streets of old Charlottetown



2009 Race Schedule

February 2010



Denotes a RoadRunner
Points Race

February 28, 2010

Freeze Your Gizzard

Sunday

10 K and Half Marathon



Half Marathon
only

Starting Time: 9:00 a.m.

Registration: 8:00 a.m. at Atlantic Fitness Centre, Wood Island Hill

Fee: \$20/Half, \$10/10K plus canned food for the food bank

Sponsor: Atlantic Fitness Centre / Running Room

Fundraiser: Association for Community Living

Contact: Debby Hughes 838-4527

Course Description: Looped course through Montague and countryside
