



BROCKVILLE ROAD RUNNERS

**Thousand Islands Parkway
Half Marathon
and
5K Run**

Saturday September 11th, 2010

8 am (Half) and 9:15 am (5K)

Rockport Community Hall

Both Out and Back Courses are Certified

Water stations every 2.5K approx. on Half course
(Note: Half is included in Kingston RRA Race Series)

Pre-registration forms: www.brockvilleroadrunners.com

Race Day registration opens at 7:00 for Half, 8:15 am for the 5K.

Free T-shirt for first 100 registrants.

Mail-in registration closes September 8, 2010

Fees: \$7 (HS students), \$10 (members), \$12 (others)

Trophies for overall winners, medals for age category 1,2 and 3 place finishers.

Contact: Tony Dunbar at 613-342-5461 or access the Brockville Road Runners website: www.brockvilleroadrunners.com