



Kamloops Ridge Runners

Keeping the pace for runners in the Kamloops Area

25 YEARS ON THE RUN !!

FUNSTUFF DUATHLON

Sunday, June 25, 2006 9:00 am Start

Race #3 in the Tri BC Duathlon Race Series

- Where:** Dallas Elementary School (296 Harper Drive – Off the East Trans Canada Hwy)
- Race Course:** 5.5 K flat and fast run loop, 35 K out and back cycle on Dallas Drive to Monte Creek Turnoff, same 5.5 K run loop to finish.
- Registration:**
- By mail until Friday, June 16, 2006. (Bike/helmet check mandatory).
 - Registration, race package pick-up and bike/helmet check at FunStuff Recreational Equipment, 3-2106 Flamingo Rd. (Tel. 250-374-8400) June 19 – 24th, 9:30am – 5:30pm.
 - Late registration, bike/helmet check at Dallas Elementary School June 25th till 8:00am.
- Awards:**
- 1st Place Men - \$250.00 gift certificate to FunStuff Recreational Equipment.
1st Place Women - \$250.00 gift certificate to FunStuff Recreational Equipment.
1st Place Each Age Category - \$50.00 gift certificate to FunStuff Recreational Equipment.
All entrants will receive a gift package on race day.
- What Else:** Besides a great race and awards, you'll get a fun-filled day of music, awesome food at the post-race barbecue, and a chance to win some great draw prizes!

For Race information contact Jasper Willisko at 250-372-2783 or willisko@telus.net

**Entry forms at
FunStuff Recreational Equipment
Kamloops Parks & Recreation (6 Seymour Street West, Kamloops)
Online at www.ridgerunners.bc.ca**

