



INQUIRIES AT THE FOLLOWING RUNNING ROOM LOCATIONS:

- 901 Bank St: 613-233-5617 bankstreet@runningroom.com
- 160 Slater St: 613-233-5165 slater@runningroom.com
- 1518 Merivale Rd: 613-228-3100 nepean@runningroom.com
- 268 Centrum Blvd: 613-837-7539 orleans@runningroom.com
- Unit 7, 484 Hazeldean Rd: 613-831-4409 kanata@runningroom.com

PLEASE NOTE:

- First come, first serve on shirt sizes
- There is no baggage check at the run



Deloitte & Touche



♦ Printed in Canada

THE EVENT

Now in its 14th year, Deloitte & Touche Beat Beethoven has become one of Ottawa's favourite runs. As featured in Runner's World, runners race to the sounds of Beethoven's Fifth Symphony and are challenged to finish before the music ends. (33 min.)

This year Deloitte & Touche and Running Room are pleased to join with Shepherds of Good Hope to bring you this timed 8K race and 4th annual 4K Fun Run to kick off Thanksgiving weekend. Race proceeds will go to the Shepherds of Good Hope. Entrants can provide further support for Shepherds by collecting pledges and donating to our food drive at the race site and any Running Room location.

TIME & PLACE

The 8K run begins at 10:30, and the 4K at 10:35 am. The start and finish line are starting on Queen Elizabeth Drive at Laurier Bridge.

RACE DAY ACTIVITIES

- Live Music en route
- Post-run refreshments, draw prizes and awards
- Food Drive: drop-off at the race or in-stores.

INDIVIDUAL ENTRY FEES* AND SHIRTS

- Under 12:** FREE, no shirt, registration form must be submitted.
- TIMED 8K:** \$25 until October 7, \$30 after October 7. First 500 registrants guaranteed a long-sleeved shirt.
- 4K FUN RUN:** \$20 First 100 registrants guaranteed a short-sleeved shirt.

Non-transferable and No Cash Refunds

Make cheques payable to: Shepherds of Good Hope

**Entrants are asked to donate a non-perishable food item when registering or at the race.*

REGISTRATION

By mail until Friday October 4:

Cheques only. Payable to Shepherds of Good Hope, mailed to **Running Room, 160 Slater Street, Ottawa, ON K1P 5H8**

In Person until Thursday October 7:

At the Running Room Stores: 901Bank St., 160 Slater St., 1518 Merivale Rd., 268 Centrum Blvd. or Unit 7 - 484 Hazeldean Rd.

On-Line until Midnight, Thursday October 7:

www.runningroom.com

Registration After October 7:

At the 160 Slater Street Running Room Store **ONLY.** (Tel. 233-5165)

Race Day Registration:

City Hall, Festival Plaza Patio, Laurier Entrance from 9:00 am until 10:00 am.

RACE KIT PICK UP

Kits may be picked up from the Running Room, 160 Slater Street, on October 10, from noon-8 pm. Kits are also available on Race Day at Festival Plaza, 9-10 am.

PARKING

Parking is available on city streets or city lots.

DRAW PRIZES

All entrants present for the draw are eligible for prizes.

BEAT BEETHOVEN 8K AGE DIVISIONS & AWARDS

Prizes will be awarded to the top three overall, male and female, and to each of the 12 division winners for the 8K. Timing will be provided by SportsStats and results will be available on site as well as on the internet at www.runningroom.com. *Please note: the 4K is not timed.*

Proceeds are in support of **Shepherds of Good Hope**, dedicated to providing food and shelter for people in need in the Ottawa area. The Beat Beethoven Run Committee wishes to thank the following supporters: Deloitte & Touche LLP, AT&T Canada, Running Room, National Capital Commission, and the residents of City of Ottawa.

www.shepherdsofgoodhope.com
www.runningroom.com

14th Annual
Deloitte & Touche

Saturday, October 09, 2004



Register On-line at:
www.runningroom.com