

EVENT SPONSORS



**WE ARE ACCEPTING FOOD DONATIONS
ON RACE DAY!**

Some much needed items are:

- Canned Vegetables
- Flour & Sugar
- Pasta (Dried, Canned), Rice
- Canned Meat & Fish
- Peanut Butter
- Baked Beans
- Canned Fruit
- Canned or Powdered Milk
- Soups & Stews
- Breakfast Cereal

PLEDGES

Name:		
Phone:	Amt:	
Address		
City:	Province:	Postal Code:

Name:		
Phone:	Amt:	
Address		
City:	Province:	Postal Code:

Name:		
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Phone:	Amt:	
Address		
City:	Province:	Postal Code:

HUSTLE FOR HUNGER

10K, 5K RUN/WALK
3K FAMILY RUN/WALK



SHUBIE PARK, DARMOUTH
SUNDAY MAY 16TH, 2010
9:30 A.M.

All proceeds in support of



ENTRY FEE

\$30.00

Kids under 12 are free!

Free T-shirt with registration while supplies last.

2009 Hustle for Hunger Technical T-shirts still available for only \$15.

PLEDGES

All cash or cheque pledges should be given to event staff at race kit pickup. Cheques Payable to Feed NS. Pledges can also be made online at www.runningroom.com

Tax receipts are available for any pledge of \$20.00 or more.

RACE KIT PICK-UP TIMES

Running Room Halifax
5514 - Spring Garden Road

Friday May 14th 2010 - 6pm to 8pm

Saturday May 15th, 2010 - 10am to 2 pm

or

Race Day (at Shubie)

8:30 to 9:15 am

RACE DAY SCHEDULE

8:30 - 9:15 - Registration & Race Kit Pick up

9:15 - Group Stretch

9:30 - Run Begins

Please arrive early to allow time for parking, registration and stretching. There will be coffee, water and light snacks provided before and after the run.

DIRECTIONS & RUN INFO

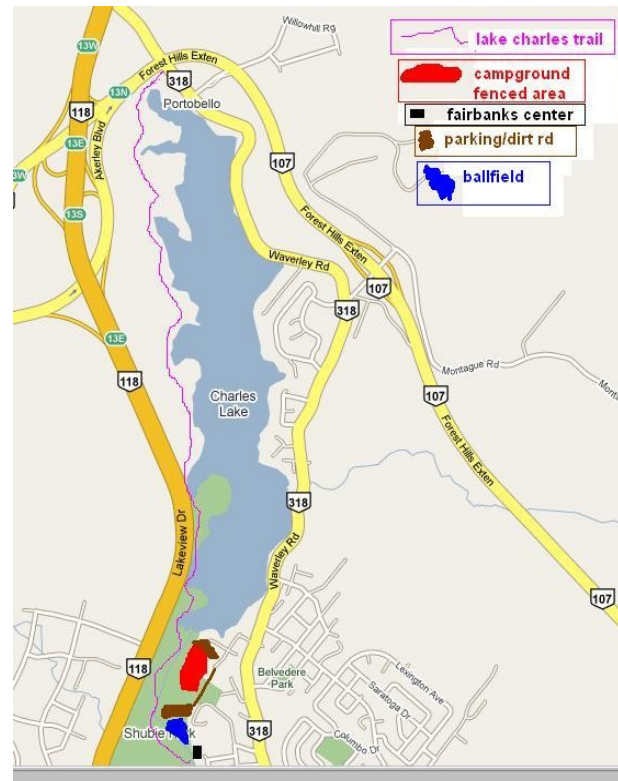
The run starts near the ball field at the Shubie Campground Entrance (Jaybe St.)

From the MacKay Bridge, stay on the Circumferential Highway. Take Braemar Dr. Exit 6A toward Waverley.

Follow Waverley Road and turn left onto Jaybe Drive (about 1 km past the Tim Horton's on your right). Turn Left onto John Brenton Drive and follow along to the park entrance. The Shubie Campground sign is at the road as well as a Hustle for Hunger sign.

There will be signs to assist with parking as you arrive at Shubie.

The trail is gravel and passable for strollers. Dogs are allowed in the park on a leash.



Cash or Cheque payment at any NS Running Room Location with attached registration form.

Race Day Registration also accepted.

DISTANCE 10k 5k 3k RUN / WALK

Participant Information		
First Name	Last Name	
Male	Female	Date of Birth MM/DD/YY
Address	City	
Province	Postal Code	Telephone
E-mail		
T-Shirt =	x-Small	Medium Large X-Large
Payment		
Cash	Cheque	
Make cheques payable to CBI Health Group		
Non-Transferable and no cash refunds. Credit Cards accepted online only at www.runningroom.com		

WAIVER-I know that participating in physical fitness events is a potentially hazardous activity. I agree not to participate unless I am medically able and properly prepared. I should not participate without my physician's approval. I agree to abide by any decision of an event official concerning my ability to participate safely. I assume any and all risks associated with the event; including but not limited to , falls, contact with other persons or objects, the effects of weather, traffic and course conditions. As a condition of my entering this event, I, for myself, any accompanying minors, and anyone entitled to act on my behalf, waive and release Running Room Sports Inc, and organizers (herein collectively called "Event Organizers"), from present and future claims and all liabilities of any kind, known or unknown, arising out of my participation in the event or related activities, even though such claim or liabilities may arise out of negligence or fault on the part of the Event Organizers. I agree that the Event Organizers shall not be liable for any personal injury, death or property loss, and I release the Event Organizers and waive all claims with respect thereto. In the event my registration fees are paid, I agree to be bound by the provisions of this waiver. I grant permission to Event Organizers to use or authorize others to use any photographs, motion pictures, or any other record of my participation in this event or related activities without remuneration. Application for minors shall be accepted only with a parent's signature and should be signed by the minor. I have read this waiver. I understand and accept its terms.

Signature (Parent/Guardian if entrant under 18)	Date	(dd/mm/yy)
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REGISTRATION

