

# 5000

## EVERYONE WELCOME

*Maybe more than one open race TBD.*

**Open Race** - 7:00 pm sharp

**Elite Men** - TBA dependent on number of participants

**Elite Women** - TBA dependent on number of participants

### Registration:

At event - 6:00 p.m. to 6:45 p.m. Friday, May 15, 2009.

In advance: email your name, age and expected finish time to: Christopher.kell-sall@gmail.com - bring \$5 or donation on race day to complete registration

Also visit Island Runner Footwear located in the Fairfield Plaza  
1576 Fairfield Road - 250-595-2378

**Events:** All 5000m, 12.5 laps

**Location:** Oak Bay Track

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