



# Canada Day 5k

## Elora 5k Run/Walk + Kid's Dominion Day Dash

WEDNESDAY JULY 1<sup>ST</sup>, 2009 Bissell Park, Elora. 5K starts at 9:00am, Dominion Day Dash starts at 12:00

Join us for the newest fitness event in Elora-Fergus



### Canada Day 5K Run/Walk

Start time: 9:00 am Finish time: approx. 10:15 am

Awards: 10:15 am Ages: no restrictions

Route: Begins at Bissell Park, Elora, follows beautiful back streets, takes in part of the Elora-Cataract Trail, and finishes in Bissell Park.

This is a timed and measured event. There are no age restrictions for this event. For details see brochure - registrations at this location.

Register on-line at [www.runningroom.com](http://www.runningroom.com)

### Dominion Day Dash

Start Time: 12:00 noon, (after the parade)

Awards: 1:30 pm Ages: 12 and under

Route: After the Canada Day parade downtown Elora, join us for the new Dominion Day Dash. At approximately 12:00 noon, kids 12 and under can race by age groupings around our new closed race course in Bissell Park.

Ages 10-12: race 5 laps = 1 km, Ages 7-9: race 2.5 laps = 0.5 km

Ages 6 and under: race 1 lap = 0.2 km

Pick up registration brochure at this location for details

Proceeds from this event will benefit these local groups:



#### **Kn.E.C.T. (Knox Elora Care Team)**

A local volunteer group that help "with their hands and hearts" on local projects such as "Help with Your Home", Habitat for Humanity builds, the Salvation Army Coat Drive, the Food Bank, and on international projects helping our neighbours in Nicaragua with food Projects, housing, medical supplies and more. Each year Kn.E.C.T. will share the proceeds of this event with other local charities to help them with their goals. This year, Habitat for Humanity and "The Door" youth centre are our local recipients.

#### **Habitat For Humanity Wellington County**

This organization provides materials, and arranges volunteers to build homes for applicants who demonstrate a commitment to establishing a home for their family but lack the resources. Habitat raises funds, builds the home alongside the family, and offers preferred financing to the family. These payments goes towards future builds. There are two scheduled builds in Wellington County this year. To donate or volunteer to help build, contact Habitat for Humanity at 519-767-9752

#### **The Door Youth Centre**

This centre located in Fergus offers an alternative activity place, for youth in our community, where they can interact with peers and offers safe, stable support from the volunteers and staff.

Event presented by Kn.E.C.T.(Knox Elora Care Team) and our sponsors:

