

Registration Information

Capped at 500 registrants. Registration closes on or before Wednesday, September 28, if numbers reach 500.

Register at :

http://www.eventsonline.ca/calendar/calendar_bydate.htm
(Search for Oct. 1 to find Flatlanders)

Only on-line registrations accepted.

No late registrations accepted.

A long-sleeved technical shirt can be ordered upon registration. Shirts will be available for pickup with the race package. The price of the shirt is \$18.00.

Walkers are welcome in the 10 KM and 5 KM events.

Fee Schedule

Early Registration - \$26.00 (on or before **September 1**)

Late Registration - \$36.00 (after **Sept.1 to Sept. 28**)

***No refunds—Race will proceed regardless of weather.**

Course and Start Times

All races start at 9:30 AM

The race begins and ends at the Canada Games Athletic Complex (Douglas Park Track) on Assiniboine Avenue.

Race Package Pick-up

At Canada Games Complex (Douglas Park Track) on Friday September 30 from 12:00 noon - 6:00 PM or on race day at 8:00 AM

Post Race Reception (10:30 AM, Sat.Oct. 1)

Miller High School Cafeteria on College Avenue. Please use main entrance.



HOSPITALS *of* REGINA
FOUNDATION

*A portion of the proceeds of this race will be donated
to the Hospitals of Regina Foundation*