



NAUTICAL DAYS 4 MILE ROADRACE

MONDAY AUGUST 2nd, 2010 - 9:00 AM START

REGISTRATION:- RACE DAY ONLY – 8:00 TO 8:45 AM

START LINE:- COMOX TOWN HALL 1809 BEAUFORT AVE

ENTRY FEE: \$10.00

PRIZES FOR OVERALL WINNERS & AGE GROUP CHAMPS

REFRESHMENTS, DRAW PRIZES FOR RUNNERS AND VOLUNTEERS

INFORMATION: WWW.CVRR.CA

Brought to you by:

Comox Valley Road Runners

"to have fun and achieve fitness through running;
to encourage and assist others to attain a high level of fitness through running;
and to sponsor fun runs and other running events."

