

MUSTANG



RACING

# THIRD ANNUAL MUSTANG SPRING STAMPEDE MAY 5<sup>TH</sup>, 2013

- Location:** St. Michael Catholic High School, Kemptville, ON.
- Courses:** 2 km Cookie Run/Walk 10:00am start  
5 km, 10km or 15 km Run 10:30am start
- Entry Fees:** 15km – 25.00 After April 28<sup>th</sup> \$30.00  
10 km - \$20.00 After April 28<sup>th</sup> - \$25.00  
5 km - \$15.00 After April 28<sup>th</sup> - \$20.00  
2 km Cookie Run- \$5.00 After April 28<sup>th</sup> – 10 - 5 and under free!
- Registration:** Participants can register at [runningroom.com](http://runningroom.com) or [eventsonline.ca](http://eventsonline.ca), or on the day of the race.
- Race Swag:** All runners in the 5-15km events will receive a Mustang Racing Series Running Visor.
- Awards:** All young participants the 2km Cookie Run will receive a cookie.  
Prizes will be awarded to the winners after the completion of the races.
- Facilities** There are washrooms, but no change rooms or showers on site. Water and snacks will be available after the race and there will be a water station on the course.
- Location:** Races start at St. Michael CHS, 2745 Hwy #43, Kemptville.



*The proceeds from the 2km Cookie Run will be donated to the  
Kemptville Youth Centre.*



***Thank you for your support of the Kemptville Youth Centre and the St. Michael Cross-Country and Track & Field teams!***