

40th Annual



NAUTICAL DAYS

4 MILE ROADRACE

MONDAY AUGUST 3rd, 2009 - 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 OR E-MAIL: gros_matou@hotmail.com

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."**



