



**YMCA Run For The Lobster**  
**Sunday, July 11, 2010**  
**CN Station Pictou NS**  
**Run Nova Scotia Event**



Race Kit Pick Up 8:00am  
 Race Day Registration is Open Until 8:50 AM  
 5km & 10km Races Begin 9:00am

**\$25 Non-Run Nova Scotia Members, \$23 Run Nova Scotia Members**  
 Children and Youth 16 & Under...FREE!  
 (Please Make Cheque Payable to The YMCA of Pictou County)

All fees include Dry Fit T-Shirts, Personalized Race Number, Limited Finishing Medals, Refreshments, Pre & Post Race Meal Offerings

Registration Form
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Race 5km \_\_\_\_\_ 10km \_\_\_\_\_

Male \_\_\_\_\_ Female \_\_\_\_\_

Age on Race Day \_\_\_\_\_

First Name \_\_\_\_\_ Middle \_\_\_\_\_ Last Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ Prov. /State \_\_\_\_\_ Postal / Zip \_\_\_\_\_ - \_\_\_\_\_

Home Phone \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Work Phone \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Email Address \_\_\_\_\_

RNS Number \_\_\_\_\_

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AMATEUR Athletic Waiver

**I acknowledge participating at my own risk and I hereby waive liability of any and all claims against the YMCA Lobster Carnival Race committee, its Sponsors and Partners for personal injury , death or property damage resulting from my participation in the race July 12, 2009. I consent to any medical treatment deemed necessary by the medical team during the event. I give the above mentioned committee my permission to publish my name, finishing information and or photo in the media or on the internet.**

**Signature of Participant** \_\_\_\_\_

**Parent / Guardian (if under 19 years)** \_\_\_\_\_

**How to register?**

[www.pcymca.ca](http://www.pcymca.ca) or [www.johnnymiles.ca](http://www.johnnymiles.ca)

Register and pay on line @ [www.Atlanticchip.ca](http://www.Atlanticchip.ca)

**In person or By Mail: Mail with Payment To**

**YMCA Run for the Lobster**

**558 South Frederick Street,**

**New Glasgow NS**

**NS B2H 3P5**

Course description:

## 5 KM COURSE

Start Front St in front of CN station

Turn right on Coleraine St.

Turn left on Church St.

Follow Church St. through to Halliburton Rd.

Turn left on Brown's Point Rd.

Turn left onto Jitney Trail

Turn left on Mini Pass, ~50 m before DeCost Center

Turn right on Water St.

Follow Water St. back to Front St.

Finish at CN Station

## 10 KM COURSE

Same as 5Km

Complete the 5Km Course Twice

**For more information on all events contact**

Patsy Langille

Pictou County YMCA (902) 752 0202

E-mail: [patsyl@pcymca.ca](mailto:patsyl@pcymca.ca)

Web: [www.pcymca.ca](http://www.pcymca.ca)

**Interested in Volunteering? Call us @ (902) 752 0202**