

January 21, 2010

2010 KRRR Twosome Run 5k Newsletter #1

Race Date and Time: February 14, 2010, 11AM

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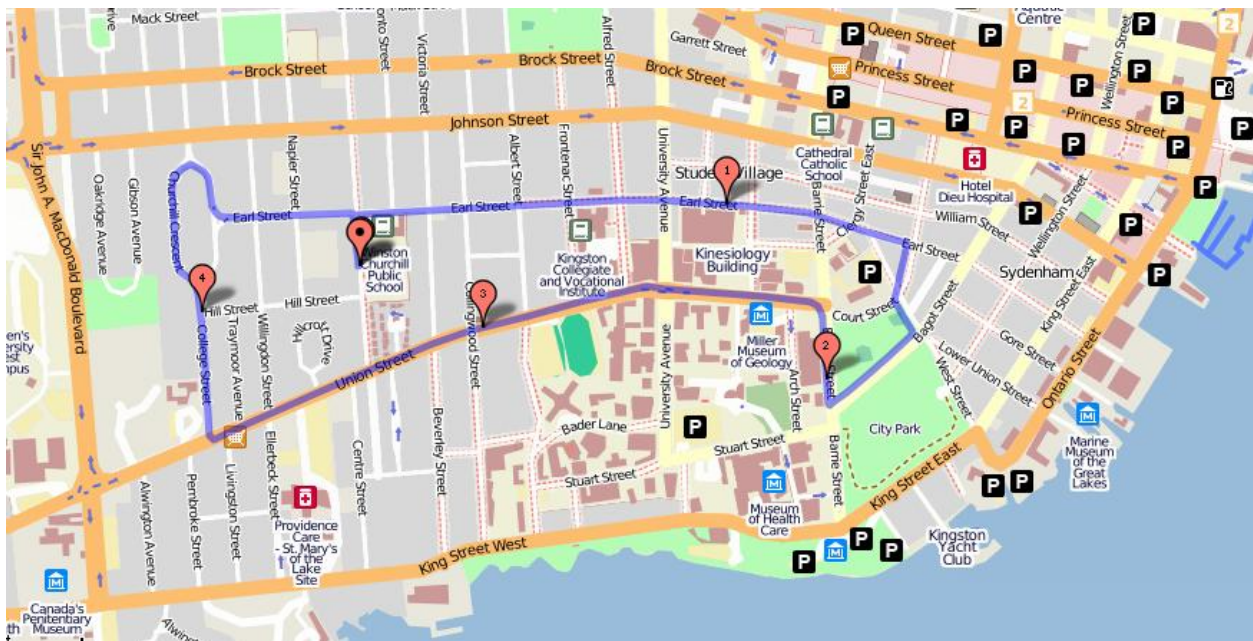
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KRRR TWOSOME RUN

New Venue and Course for 2010

This year's Twosome Run will have a new venue and modified race course from previous years. To begin, we'd like to thank Corrections Canada for their tremendous support over the years in providing an outstanding venue for the Twosome Race. Unfortunately, this venue will no longer be available to us. Many of us will miss the 5k course that began and ended at the Corrections College, even if km's 4 and 5 seemed a little longggggg. ☺ In finding a new venue, we have tried to preserve as much of the old course as possible. This year we are fortunate to have the use of Winston Churchill Public School as our race site. The race will start and finish on MacDonnell Street adjacent to the school's athletic field and cover much of the same ground as the old course (with some added distance on the East end of the course).



We'll use Winston Churchill school's gymnasium for pre-race registrations and announcements as well as post-race festivities. Once again, Tim Horton's has stepped up to donate hot beverages and snacks for runners and volunteers. Washrooms at the school will be available, but unfortunately no shower facilities are present.

There is an abundance of free on-the-street parking in the vicinity of Winston Churchill P.S. Please try to avoid parking on Earl Street (the race route) or in the school parking lot. Arrive early and you'll find a spot close by on MacDonnell (south of Hill or North of Earl), Hill, Napier, Toronto or Victoria Streets.

Also, please consider carpooling to this event.

A KRRR ridesharing group has been set up on PickupPal. For full details, go to <http://www.pickupal.com/pup/group/KRRR>. With your support, we can reduce the carbon footprint of this event.



Registration Update

Thanks to everyone who has registered for this race so far! For those still thinking about it, you can sign up online, by mail or in person at Runners' Choice. "Onesomes" are of course welcome to participate, but if you're looking for a race partner (of the opposite gender), please email the Race Directors and we'll try to match you up. Race costs are \$25 for KRRR Members and \$30 for non-members, but each of these costs go up by \$5 if you wait to register on race day.

Need more incentive to sign up? OK, here you go:

- Technical socks guaranteed to the first 150 registrants
- Runners' Choice had donated a special prize of new running shoes for the middle-of-the-pack Twosome Team
- Many great door prizes - all runners and volunteers are eligible for door prizes
- It's a great warmup race for the Peterborough or Chilly Half Marathon
- Earn points in your Age Group toward 2010 KRRR Race Series awards



Race Director News



No Race Director can put on a race without eager volunteers. If you can help us out with indoor or outdoor duty, please email us.

Unfortunately, on-site babysitting services at Winston Churchill P.S. could not be arranged this year. However, we hope to make use of the KRRR Messageboard in the near future to coordinate those who need and those who can offer babysitting services on race day.

Important Race Weekend Scheduling Information:

Saturday, February 13

- 12-4PM - Early race kit pickup at Runners' Choice

Sunday, February 14

- 9:45AM - Registration and race kit pickup at Winston Churchill P.S.
- 11:00AM - Race begins on MacDonnell Street
- 12:00PM - Awards/Draws/Food & Beverages sponsored by Tim Hortons

If you have any questions about this event, please let us know at the addresses below!

Happy Running!

Peter Ellis and Jane Howe

Race Directors, 2010 KRRR Twosome Run

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