



**OUS and OTS Spring Warm-up  
Fundraiser  
Noisy Sand Fun Run!**



<b>Date:</b> Saturday, April 2, 2011	<a href="#">online registration</a> option
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**Start Time:** 9:00 AM

**Start:** Run starts at the Dunedin Community Centre.

**Course:** A 12K loop on country roads with some trail. **Warning:** There is an annoying flat section from 2K to 3K. Run as many laps as you wish before the unofficial 3:00 PM cutoff. There is also a bonus **4K Downhill Shortcut** at the 2K point, for different distance options.

**Start/finish:** Washrooms at the Dunedin CC.

**Aid Station:** Water, sports drink and food. One unattended aid station at the 6K point, so bring a water bottle.

**Fees:** \$35. On-line or mail a cheque payable to Ontario Ultra Series, to Pierre Marcoux RR3 Box 30, Creemore Ont. L0M 1G0.

**Post Run:** 2:00 PM: Pizza and prize draw at the Dunedin CC.

**Directions:** From Airport Road and highway 89, take Airport Road north 15 minutes to CR 9 (Cashtown Corners) at the lights north of Avening. Travel west for 10K to Dunedin. The community centre is the building that is not a house!

**Supporting:** 100% of proceeds will be directed to the Ontario Ultra/Trail Series (OUS/OTS).

**Prizes:** Grand prize and some spot prizes. Hint: It is maple syrup season!

One person who has paid entry to the fun run will be eligible for free entry to the following events. The winner does not need to be present at the fun run during the draw and can pay the difference to run races longer than 50K. The prize is not transferable.

**Current races:**

Seaton Trail	29K or 52K	Limberlost	14K, 28K, 42K or 56K
Pick Your Poison	12.5K, 25K or 50K	Dirty Girls	30K or 6 hour
Sulphur Springs	10K, 25K or 50K	Iroquoia	8K, 15K, 32K or 50K
Niagara	10K, 21.1K, 42.2K or 50K	Haliburton	26K or 50K
Creemore	25K or 50K	Vulture Bait	25K or 50K