

## 2012 FERGUSON FORESTRY **SHUFFLE**

## **OPEN X-COUNTRY RACE** September 30, 2012

2km Family Fun trail run **Distances:** 10:00a.m. start time

6km train run 10:45a.m. start time

12km trail run 10:45a.m. start time

Location: St. Michael CHS, Kemptville. Runners will weave their way

through the rolling single track trails and dirt/gravel roads of

the Ferguson Forestry Centre.

Race Entry

Fee:

	<u>Until September 15, 2012</u>	After September 15, 2012
12km	\$20	\$25
6km	\$15	\$20
2km	\$5	\$10

Enter online at: http://www.eventsonline.ca/events/ferguson\_shuffle/

Race day: Race day entries and bib pick-up begins at 9am.

Facilities: There are washrooms, but no change rooms on site. Water and

snacks will be available after the race. Prizes will be awarded to

the winners after the completion of the races.