

# Ride Walk Run for Celiac 2019

Sunday, August 11, 2019

Gold Bar Park, Site #1

10955 50 Street

2:00pm Race Start Time



Registration for the Ride Walk Run for Celiac 2019 opens at the end of April and **early bird registration fees are in effect until May 31<sup>st</sup>**. Here's the direct link to our race page at the Running Room: <https://www.events.runningroom.com/site/?raceId=16373>

## REGISTER EARLY TO SAVE!

Early bird registrants not only enjoy a reduced registration fee but also are **eligible to win** 1 of 3 Manna water bottles, valued at \$39.99 each.

## ABOUT THE RACE

The Ride Walk Run for Celiac is a fun race geared to people of all ages! Beginning at Gold Bar Park participants can choose to cycle, walk or run a 2.5, 5 or 10km route along the scenic river valley and park area. Post-race activities will include refreshments, gluten free food sampling and games! Bring along the whole family for a healthy celebration of gluten free living!

## FUNDRAISING

We encourage all participants to collect pledges from family members, friends and co-workers. The funds raised are directed to awareness activities and programming locally and in northern Alberta.

Online pledges can be made for a specific athlete or general donations can be made on our race page on the Running Room website. Go to our website for the link: [www.celiacedmonton.ca](http://www.celiacedmonton.ca) or

## PLEDGES

Top prizes for participants who collect \$500 or more in pledges. Prizes include a **Nutri Ninja Single-Service with Auto-IQ** retails at \$169.99 and more! And all participants who collect \$75 or more in pledges will receive a copy of the *Gluten Free Anytime* cookbook.

## REGISTRATION FEE

### Early Bird (by May 31<sup>st</sup>)

Individual 2.5km, 5km or 10km \$25

\*Family \$45

\*Family entry consists of a maximum of 2 adults and 3 children for the base family fee. An additional \$10 for each child 7 and up to a maximum of 8 members. Children 6 years and under are \$5.

Team registration is also available online.

Fee increase on June 1st and again on July 22.

## RACE KITS

Race kits with cotton t-shirts are guaranteed for all participants that register by July 21st. After July 21st, limited availability – on first come, first serve basis.

