

CBRR 2015 Membership

You can register online at www.atlanticchip.ca or in person at the next race. Registration is \$20, which includes a pair of CBRR socks and inclusion in the 2015 CB Roadrunners Points Series.

Point Series

- ▶ Only CBRR members are included in the Points Series.
- ▶ Must do a minimum of 3 races to qualify for the series.
- ▶ Best 7 results in series races count (if you race more than 7 times, your worst results will be eliminated).
- ▶ Runners will receive 25% more points for all "premier races".

Premiere Races

- ▶ Apr 12 - Coast Guard College 8 Miler
- ▶ Jun 5 - Ben Buffet Memorial Run
- ▶ Jul 4 - Marion Bridge 10k Road Race
- ▶ Jul 15 - Around the Park One Miler
- ▶ Aug 5 - Action Week 5 Miler
- ▶ Sep 20 - Coxheath Hills Trail Race
- ▶ Oct 18 - Cape Breton Fiddlers Half Marathon



Kids Races

- ▶ Mar 28 - CBU Rec Run
- ▶ Jun 6 - Doctor's Nova Scotia Youth Run
- ▶ Jun 27 - Mussel Fest
- ▶ Jul 15 - Around the Park One Miler
- ▶ Aug 5 - Action Week
- ▶ Aug 8 - Ross Ferry Pork Chop BBQ Race
- ▶ Sep 5 - Millville
- ▶ Oct 17 - Glowing Hearth Kids Run
- ▶ Oct 25 - Pumpkin Run
- ▶ Dec 5 - James Delorey Memorial Run



For more information:

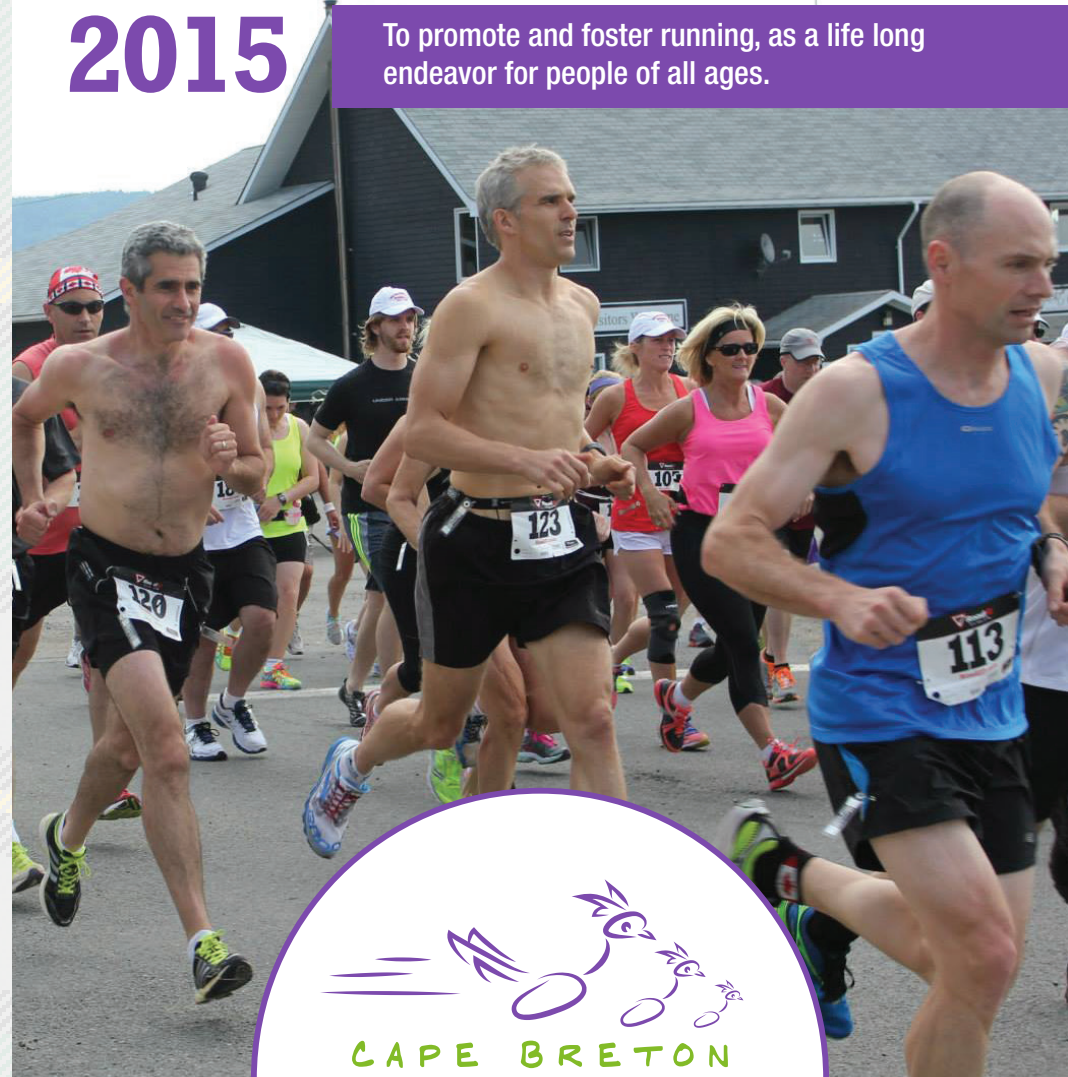
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SCHEDULE

2015

To promote and foster running, as a life long endeavor for people of all ages.



CAPE BRETON
ROAD RUNNERS

cbtrisports.com

CAPE BRETON ROADRUNNERS SCHEDULE 2015

Race	Date	Category	Distance(s)	Reg. Time	Race Time	Location	Cost
Couples Run	8-Feb	Fun Run	5k	9 am	10 am	Governors Restaurant, Sydney	\$10 each/\$20 per couple
JJ McDermott Long John Jaunt	28-Feb	Points Series	Half Marathon	webscorer.com	12 pm	Boulardarie School, Ross Ferry	\$40
Louisbourg Slush Run	7-Mar	Points Series	3 mile walk/5 mile run	9 am	930 am walk; 10 am run	George D. Lewis School, Louisbourg	\$10
CBU Rec Run	28-Mar	Fun Run/Kids Race	5k	8:30 am	10 am	Cape Breton Health & Recreation Complex	\$5 kids/students & \$10 adults
Coast Guard College 8 Miler	12-Apr	Premiere Race	8 miles	9 am	10 am	Canadian Coast Guard College, Westmount	Donations to the United Way encouraged
Emma Van Nostrand Memorial Scholarship Run	3-May	Points Series	5k walk/10k run	9 am	10 am	Riverview High School Gym, Coxheath	\$10 students/\$20 adults
Mother's Day 5k (women only)	10-May	Fun Run	5k	9 am or webscorer.com	10 am	Civic Centre, Sydney	10 plus a non-perishable food item
Cabot Trail Relay	May23-24	N/A	distances vary	NA	NA	Cabot Trail	varies by team
Ben Buffett Memorial Run	5-Jun	Premiere Race	5k	5:45 pm	6:30 pm	St Agnes School, New Waterford	\$10
Doctor's Nova Scotia Youth Run	6-Jun	Kids Race	2.1k & 4.2k		9:30 am	John Harris Cruise Pavilion, Sydney	\$10
Fiddler's Fun Run	7-Jun	Points Series	5k & 10k	TBA	TBA	TBA	TBA
Mussel Fest 5k	27-Jun	Points Series/Kids Race	5k	8:30 am	9:30 am	Englishtown Community Hall	\$15
Dan MacDonald 10k Road Race	1-Jul	Points Series	10k	8:30 am	9:30 am	Baddeck Yacht Club	\$15
Marion Bridge 10k Road Race	4-Jul	Premiere Race	10k	8 am	9 am	Marion Bridge Recreation Centre	\$10
Around the Park One Miler	15-Jul	Premiere Race/Kids Race	1 mile	6 pm or webscorer.com	6:45 pm kids; 7:10 pm women; 7:30 pm men	Wentworth Park Bandshell, Sydney	\$5 kids; \$10 adults
Heart Throb 5k	18-Jul	Fun Run	5k	9 am	10 am	Seaview Manor, Glace Bay	TBA
Johnny Miles Road Race	1-Aug	Fun Run	5k	9 am	10 am	John J. Nugent Firemen's Centre, Sydney Mines	\$10
Action Week 5 Miler	5-Aug	Premiere Race/Kids Race	1k/5 miles	5 pm	5:45 pm kids; 6:30 pm adults	Steelworker's Pensioners Hall, Sydney	\$5 kids; \$10 adults
Ross Ferry Pork Chop BBQ Race	8-Aug	Points Series (10k only)/ Kids Race	1k/2k/5k/10k	9 am	9:45 am kids; 10:00 am adults	Ross Ferry Fire Hall	\$5 kids; \$10 adults
Louisbourg Race Through Time	15-Aug	Points Series	8 miles	3:30-5:30 pm or atlanticchip.ca	6 pm	George D. Lewis School, Louisbourg	\$25 until Aug10/ \$35 up until race day Run NS members \$5 discount
Millville 10k Race	5-Sep	Points Series/Kids Race	1k/10k	9 am	9:45 kids; 10:15 adults	Millville Community Hall	\$5 kids; \$10 adults
Myles Burke Memorial Run	13-Sep	Fun Run	5k	8:30 am	10 am	John Harris Cruise Pavilion, Sydney	\$20
Coxheath Hills Trail Race	20-Sep	Premiere Race	Approx. 8k	9 am or webscorer.com	10 am	Knox United Church Hall, Coxheath	\$10
World Breastfeeding Week Run	3-Oct	Fun Run	5k	8 am	9 am	CBRM Community Room, Sydney	Free
Glowing Hearth Kids Run	17-Oct	Kids Race	1 mile	5:30 pm	6:30 pm	Open Hearth Park, Sydney	\$5
Cape Breton Fiddlers Run	18-Oct	Premiere Race (half marathon only)	5k/10k/Half/Half Relay	8:30 am	10 am	Joan Harriss Cruise Pavilion	N/A
Pumpkin Run	25-Oct	Points Series/Kids Race	1 k/5k	9 am	9:45 am kids; 10:15 pm adults	Petersfield Park, Westmount	\$5 kids; \$10 adults with costume; \$15 adults without costume
End of Season Pursuit Run	14-Nov	Fun Run	7.5k	12 pm	1 pm	South End Community Centre, Sydney	Free for CBRR members; \$10 for non-members
Must Dash 5k (Men & Women)	29-Nov	Fun Run	5k	2 pm	3 pm	Dobson Yacht Club, Westmount	\$15
James Delorey Memorial Run	5-Dec	Points Series/Kids Race	5k	1 pm	1:30 pm kids; 2 pm adults	Whitney Pier Memorial Junior High	\$5 kids;\$20 adults
Ugly Sweater Run	13-Dec	Fun Run	5k	9 am	10 am	Governors Restaurant, Sydney	Unwrapped toy for Transition House or \$20

Training Runs: ▶ **Tuesday 6:45 p.m. every week. All speeds welcome.**
November - March. Location: Kiwanis Pool
April - October. Location: Atlantic St. Field Track, Sydney

▶ **Lauchie every Sunday 1 p.m. at Coxheath Running Track.**
All runners welcome.