

# TOMATO 5K Run/Walk



Hosted by the Leamington Lasers Swim Team  
August 22, 2010  
8:00AM  
Leamington Kinsmen Recreation Complex  
249 Sherk St., Leamington On

This is a flat fast course through a quite residential neighbourhood. Water is provided on course.  
Awards for age groups 19-under, 20-29, 30-39, 40-49, 50-59, 60 over.  
Overall Male and Female Winners.

#### Entry Fees.

\$30.00 with Shirt.  
\$25.00 No shirt.

After July 31 and race day \$30.00 , No shirt Guarantee.

Further information Contact Butch Mitchell 519-322-9133 OR [leamingtontomato5k@gmail.com](mailto:leamingtontomato5k@gmail.com)

**ONLINE REGISTRATION available at [www.onlineregistrations.ca/tomatorun/](http://www.onlineregistrations.ca/tomatorun/)**

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Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ Postal Code \_\_\_\_\_

Birthday \_\_\_\_\_ Age on race day \_\_\_\_\_ Gender F M  
M/D/Y

**Please Circle-** Runner Walker Shirt Size( Circle) S M L XL No Shirt

Email \_\_\_\_\_

Make cheques payable to Leamington Lasers Swim Team  
Mail to Tomato Run, 27 Coronation Ave. Leamington, On, N8H 2K9