



THE BALMY BEACH CANOE CLUB
invites you to attend
The 26th Annual New Years Day
“Hair of the Dog” Fun Run & Walk
Sunday, January 1, 2006

9K along the Eastern Beaches Boardwalk/Martin Goodman Trail
Starts and finishes at the Balmy Beach Club
Half way point is at the foot of Leslie Street

Registration 10:30 a.m.
Balmy Beach Club
Foot of Beech Avenue, South of Queen Street

Power Walkers start at 11:30 a.m.
Runners start at 12:00 Noon

Cost (includes lunch) -
(payment by cash or cheque)

\$15 per person
\$10 per person if under 18
\$40 per family of 3 or more (family consists of up to 2
adults and any number of their children under 18)

Prizes to the 1ST 3 finishers in each category!!!

PROCEEDS TO THE PADDLING SECTION OF THE BALMY BEACH CLUB.

EVERYONE WELCOME

For info call Gaynor at 416-693-1063

Registration form on reverse.