

The **PAAL Foundation** and **Astral Media** presents....



Charity Adventure Race

OCTOBER 15-16, 2011

- Takes place throughout the Niagara Region over 2-days.
- Race will involve a wide variety of challenges and obstacles which will test your endurance as well as mental and physical fitness.
- Be ready for everything from running to climbing to cycling as well as activities that will be amazing and surprise you.
- Please note that cycling is a prominent mode of transportation in intervals throughout the race.
 - Day 1 entails a cumulative total of 18.5 Km by bike (longest stretch 7.5 Km)
 - Day 2 entails a cumulative total of 25 Km by bike (longest stretch 10Km)
- Hotel and Food are included for the night.

Race and Registration details:

- Individuals **MUST** sign-up in teams of two
- \$100 per person Entry Fee
- **Space is limited SIGN UP TODAY**
- Each team must raise an additional \$500 by the Race Date
- Amazing Prizes will be awarded for first three teams to complete the race
- **First Place Prize: All Inclusive Trip for two courtesy of Nightwatch Security**
- Additional prizes will be awarded to teams that are in 1st place at designated check-points in the race

All proceeds go towards the purchase of a new Bi PAP machine for the New Hospital in St. Catharines.

To Register or for more information contact:

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