



2017

JUNE 24TH

11AM START @ HIGH STREET &
FIRST AVENUE, LADYSMITH

Put together a relay team of 4 to compete in
Ladysmith's 2nd annual Hill Dash!

All participants over 19 years of age receive a
complimentary post race brew from Riot Brewery,
local grub and a ball in **"Running of the Balls"**
for a chance to win some serious cash.

REGISTER

ONLINE @

www.raceroster.com (search Ladysmith Hill Dash)

IN PERSON AT

Active Solutions Health + Sport (Unit A - 341 1st Avenue, Ladysmith)

or **Benjamin Moore Paints** (132B Roberts St, Ladysmith)

Early Bird Registration \$60/team (by June 16th)

Regular Registration \$80/team

Kids Division U12 \$20/team (must have one participant of opposite gender)

Portion of the proceeds benefit the Ladysmith Resource Centre Association.

