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DIRECTIONS TO ST.  
JOSEPH'S COMMUNITY  
CENTER, ANTIGONISH  
COUNTY, NS

From Halifax:

Turn right at 2<sup>nd</sup> set of lights unto # 7  
Highway

From Cape Breton:

Turn left at 2<sup>nd</sup> set of lights unto # 7  
Highway

Drive straight onto Trunk 7 – drive  
approximately 8.89 km. – 5 – 6 minutes  
(Gaspereaux Lake)

Turn right onto Gaspereaux Lake Road,  
Ohio East Road

Drive straight 2 km – 3 minutes, turn left  
by church entrance to the St. Joseph's  
Community Center.

*Contact person:*  
*Donnie Stewart*  
*3204 Ohio East Road*  
*Antigonish, NS*  
*B2G 2K8*  
*902-863-1462*

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ANNUAL JOHN ARTHUR  
MURPHY MEMORIAL 7 KM  
WALK / RUN

LOCATION: St. Joseph's  
Community Center  
Antigonish Co., Nova Scotia



ANNUAL JOHN  
ARTHUR MURPHY  
MEMORIAL RUN

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SATURDAY  
AUGUST 7, 2010  
9:00 am





## COURSE DESCRIPTION

Mainly flat, leaving from St. Joseph's parking lot and going through Boudreau's Road, turning right at Addington Forks (first water station) all on gravel road and then running until you come to the pavement at intersection at community mailbox (second water station) turning right on pavement and back up to the paved road encountering rolling hills on the last stretch back to St. Joseph's Community Center.



### Race Disclaimer

In consideration of my being permitted to participate as an entrant or competitor in this event: I, myself, my heirs, executors, administrators, successors and assigns do hereby remise, release and forever discharge, waive and save harmless, protect and keep indemnified, Lakeside Community Center/St. Joseph's Parish, associations, sanctioning bodies, sponsoring corporations, sponsors, participants, competitors, entrants, and all respective agents, officials, servants and representatives from and against any and all kinds of action, claims, costs and expenses and demands in respect of death, injury, loss or damage to my person or property how so ever caused out of my being permitted to attend at or in any way take part prior to during or subsequent to these events whether as an entrant, competitor participant, specter or otherwise and not withstanding that the same have been contributed to or occasioned by the negligence of any of the aforesaid, their agents, officials, servants or representatives. By submitting this entry, I acknowledge having read and agreed to the above waiver, release and indemnification.

**If a minor please have parent complete below:**

*Name:* \_\_\_\_\_

*Signature:* \_\_\_\_\_

*Date:* \_\_\_\_\_

**PLEASE CHECK:**

I agree with the above disclaimer

## Sign-up Form

**Name:**

\_\_\_\_\_

**Male**

\_\_\_\_\_

**Female**

\_\_\_\_\_

**Age as of race date:**

\_\_\_\_\_

**Address:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**\*FREE T-SHIRTS TO FIRST 100 ENTRANTS**

T-SHIRT SIZE: \_\_\_\_\_

**Fee: \$20.00**