

31st ANNUAL BEAR SWAMP RUN
SATURDAY, JULY 11, 2009 – 9:00 A.M.

Part of the Onion River Sports-Central Vermont Runners Race Series

- PLACE:** Rumney Memorial School
Shady Rill, Middlesex, Vermont
- SPONSORS:** Central Vermont Runners Club and
Onion River Sports
- REGISTRATION:** 8:00 – 8:45 a.m., July 11, Rumney Memorial School
- FEE:** \$5.00
- START TIME:** 9 a.m.
- COURSE:** 5.7 miles of scenic gravel road climbing 450 feet
over the first three miles and gradually descending
back to the starting point.
- DIVISIONS:** Female and male – Under 20, 20-29, 30-39, 40-49,
50-59, 60-69, 70+
- AWARDS:** Gift certificates and merchandise prizes to top two
finishers in each division.
- INFORMATION:** Call race director Tim Noonan (802) 223-6216