

**24<sup>nd</sup> Annual  
Souris Multi Sport Relay & Ironman  
Competition**

**Saturday July 17<sup>th</sup>, 2010  
Registration Time 8:00  
Race Time 9:00**

**Registration Fees: \$15.00 per participant  
\$10.00 for youth**

**Registration at Souris Ski Lodge, Souris Line Road, Route 305**

**All divisions open to Male, Female, Mixed and  
Youth Divisions**

**4-member/3-member/2-member  
iron man or lady/individual  
and new this year Family Team**

**Also – option to run only**

**For more information contact Paul Molyneaux at  
902-969-0309 or on line at  
[www.sourismultisport.weebly.com](http://www.sourismultisport.weebly.com)**

