









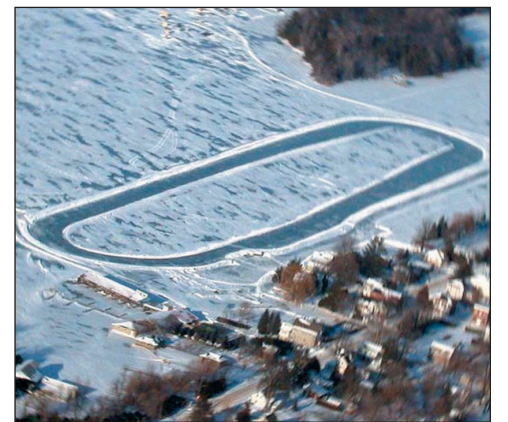
3RD INTERNATIONAL BIG RIDEAU LAKE SPEED SKATING MARATHON



SKATE THE LAKE III SATURDAY & SUNDAY, JANUARY 28-29, 2006

PORTLAND, ONTARIO, CANADA
WWW.PORTLANDOUTDOORS.COM

-  Official North American Championships 25K & 50K
-  Sign up on-line at www.portlandoutdoors.com/registration
-  5K, 10K and Team Relay Races – all types of skates welcome
-  Children 12 and under skate free
-  Skate the Lake Sunday night with fireworks
-  For accommodations visit www.portlandoutdoors.com/lodging



Township of
Rideau Lakes



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WESTPORT & RIDEAU LAKES
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Davies Charitable
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Ski Patrol



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Speedskates & Accessories



Sanctioned by Speed Skating Canada, and U.S. Speedskating.
Endorsed by the Ontario Speed Skating Association and
part of the Marathon Skating International points series

Portland is located on Highway 15 between Ottawa and Kingston

