



<b>Marathon Project</b>								
<b>Burlington Track and Field Club Inc.</b>								
<b>Bytown Storm Cross Country</b>	Kanata <a href="http://www.bytowntriathlon.com">www.bytowntriathlon.com</a> <a href="mailto:gsnk@rogers.com">gsnk@rogers.com</a> 613 323 5255	Greg Kealey (Level 1)	-YMCA Kanata -Kanata Rec Centre	Age Groups: Bantam, midget, junior, senior	Mon/Wed/ Thurs- 5:45- 7pm Sat: 10-11:30 am	Does not currently service athletes with disabilities and does not have the capacity to do so.	Annual memberships, seasonal, camps Fee: \$60	Included: club t- shirt, training, nutrition seminars, YMCA membership Not Included: Travel expenses, entry fees
<b>Bytown Walkers</b>								
<b>C.A.N.I.</b>	Ottawa <a href="mailto:Lgeorge1@yahoo.com">Lgeorge1@yahoo.com</a> 613 859 2264	Lyndon George (Level 3) Rayaan Jameel (Level 2)	-Louis Riel Dome -Terry Fox facility.	Event Groups: Sprints, jumps, hurdles, mid distance. Age Groups: youth, junior, senior	Mon-Sat: 5-8pm	Does not currently service athletes with disabilities and does not have the capacity to do so.	Annual memberships Fees: \$750	Included: Uniforms, facility fees, AO membership, coaching, entry fee subsidization. Not Included: Travel
<b>Cambridge Harriers</b>	Cambridge <a href="http://Cambridgeharriers.com">Cambridgeharriers.com</a> <a href="mailto:gaitkin@hotmail.com">gaitkin@hotmail.com</a> 519 621 1914	George Aitkin (Level 1) Gary Cassel (Level 1)	Victoria Park	Event Groups: Long distance running Age Groups: Grade 9+	Mon/Wed: 6pm Tues/Thurs: 6:45 pm	Does not currently service athletes with disabilities and does not have the capacity to do so.	Fees: \$30 per yr, 2 or more family fee is \$50	Included: entry fees(for junior members, under 20), coaching Not Included: entry fees for senior members (20+)
<b>Centro Scuola Track &amp; Field Club</b>	Toronto <a href="http://www.centroscuola.ca">www.centroscuola.ca</a> <a href="mailto:centrotrack@rogers.com">centrotrack@rogers.com</a>	Phil Riddell Anthony Desario	York University	Event Groups: sprints, middle distance, jumps, throws Age Groups: 9-18 yrs	Mon/Wed: 6:30-9pm Sat: 11:30-2pm	Does not service athletes with disabilities and does not have the capacity to do so.	Annual membership and summer camp. Fees: \$400 for 11 months	Included: entry fees Not included: AO membership
<b>Cornwall Legion Cougars Track and Field Club</b>	Cornwall <a href="http://www.sdgonline.ca">www.sdgonline.ca</a> <a href="mailto:crtmbrill@eol.com">crtmbrill@eol.com</a> 613 537 9681	Ceri Timbrell (Level 1) Rick Croney Jill Grant	-St Lawrence Intermediate School -Tagwi High School	Event Groups: sprints, hurdles, middle distance, throws jumps Age Groups: 8- 20	Mon/Wed: 7-8:30 Sun: 12:30-2pm	Does not service athletes with disabilities and does not have the capacity to do so.	Annual Membership Fee: Non-Competitive- \$60 Developmental- \$110 Competitive- \$110	Included: Training facility, Meet fees and transportation assistance  Not Included: uniform
<b>Cougars Track and Field Club</b>	Toronto <a href="mailto:Bas.fit@hotmail.com">Bas.fit@hotmail.com</a> 416 220 6979		York University	Age Groups: 11-20 yrs	Tues/Thurs: 6-8pm	Does not currently service athletes with disabilities but has the capacity to do so.	Annual memberships Fees: \$375/yr	Included: access to training facility and AO membership. Not Included: Transportation
<b>Cruisers Sports for the Physically Disabled</b>	<a href="http://Cruisers-sports.com">Cruisers-sports.com</a> <a href="mailto:trackandfield@cruisers-sports.com">trackandfield@cruisers-sports.com</a>		Track: St. Marcellinus S.S Field: Old OPP Grounds			Services athletes with disabilities and has the capacity to do so.	Annual membership	

<b>Discover U Athletics</b>	Brampton 647 215 0494 905 455 4200		-York University -St. Marcellinus S.S	Event Groups: all sport fitness training Age Groups: 8 yrs+	Everyday	Does not service athletes with disabilities and does not have the capacity to do so.	Annual memberships, seasonal memberships Fees: negotiable	
<b>DSSG Athletics Club</b>	Sudbury <a href="mailto:dharmasportsgroup@econsultant.com">dharmasportsgroup@econsultant.com</a>	David Case						
<b>Durham Dragons Athletics</b>								
<b>Durham Legion Athletics</b>								
<b>Elite Edge</b>								
<b>Etobicoke Track &amp; Field Club</b>	Etobicoke Etobicoketrackclub.com <a href="mailto:Etobicoketrack@sympatico.ca">Etobicoketrack@sympatico.ca</a> 416 569 1774		-Centennial Stadium -York University Indoor Track	Event Groups: All track and field events Age Groups: 6yrs+	Monday- Sunday: varies by coach		Annual memberships and camps Fee: MTA-\$250 Junior/Senior- \$400 B/M/J-\$325 Masters-\$320	Included: all association fees Not Included: Uniform (wind suit and competition jersey)
<b>Flying Angels</b>								
<b>Fortis Track Club</b>	Durham <a href="mailto:fdprince@sympatico.ca">fdprince@sympatico.ca</a>	Fabian Prince Leacroft Thompson Wayne Gordon	-Oshawa Civic Dome -York University	Age Groups: 10-18 yrs		Does not currently service athletes with disabilities and does not have the capacity to do so.		
<b>G-Force Track Club</b>								
<b>Georgetown Runners</b>								
<b>Greater Uxbridge Road Runners</b>								
<b>Guelph Track &amp; Field Club</b>	Guelph Guelphtrack.ca <a href="mailto:guelphtrack@sympatico.ca">guelphtrack@sympatico.ca</a> 519 823 2732	Albert Tshirhart Peter Manning Zuzanna Mares Byan Stride	-Our Lady of Lourdes High school -Waterloo Rec Centre	Event Groups: All except pole vault Age Groups: 5 yrs+	Mon/Wed/ Fri: 4:30- 6:30pm		Varies on membership package chosen	Not Included: transportation to Nationals
<b>Guelph Victors</b>	Guelph <a href="http://www.Guelphvictors.ca">www.Guelphvictors.ca</a> <a href="mailto:info@guelphvictors.ca">info@guelphvictors.ca</a> 519 824 0723	John Marsden Usher Pozluzny	St James track		Tues/Thurs: 6pm		Fee: \$35 per year	Included: access to training facility
<b>Hamilton Hammerheads</b>	Hamilton  Hamiltonhammerheads.com <a href="mailto:hamiltonhammerheadsac@gmail.com">hamiltonhammerheadsac@gmail.com</a>	Phil Steel  Sue Despinic		Event Groups:  400m+ track, cross country, triathlon	Mon- Sat	Does not currently service athletes with disabilities, but <b>has</b> the capacity to do so.	Fees:  \$45-\$135/month	Includes: only run but also swim/bike/run workouts

	<a href="http://l.com">l.com</a> 905-537-6249			triathlon Age Groups: 8-19 yrs				Not included: AO membership or race fees
<b>Hamilton Olympic Club</b>								
<b>Harbour Track</b>	Dundas <a href="http://www.harbourtrack.com">www.harbourtrack.com</a> 905 628 1627	Rory Sneyd Paula Schnurr Peter Self	McMaster University	Event Groups: middle distance Age Groups: junior/senior, mainly university age	Mon/Wed: evenings Sat: morning	Does not currently service athletes with disabilities and does not have the capacity to do so.	Annual membership Fees: \$90, plus AO memberships fee	Not included: accommodation, entry fees, or AO membership
<b>I Be Fast Track Club</b>	Toronto <a href="mailto:sajia@idirect.com">sajia@idirect.com</a> 416 690 6350	Erwin Turney Clive Foster	-Birchmount Stadium -Variety Village	Event Groups: sprints, jumps Age Groups: 5+	Mon-Thurs: 5:30pm	Does not currently service athletes with disabilities and does not have the capacity to do so.	Annual or seasonal membership Fee: AO-\$500/yr MTA-\$400/yr	Included: All entry fees, club uniform, and facility use  Not Included: Travel to meets
<b>IronStride</b>	Kingston <a href="http://www.ironstride.com">www.ironstride.com</a> <a href="mailto:info@ironstride.com">info@ironstride.com</a> 613 536 5649	Randy Zabukovec (Level 2) John Reid (Level 2)		Event Groups: middle distance to marathon, duathlon, triathlon Age Groups: youth to masters		Does not currently service athletes with disabilities and does not have the capacity to do so.	Annual, seasonal membership, camps	
<b>Keeper Athletics</b>	Hudson Ont Keeperathletics.ca <a href="mailto:hiitter@hotmail.com">hiitter@hotmail.com</a> 807 582 3180	Scott Hames	Keeper Stadium	Event Groups: all Age Groups: 7 yrs-adult		Services athletes with disabilities and has the capacity to do so.	Annual memberships Fees: \$35 /yr	
<b>Kent Legion Track and Field Club</b>	Municipality of Chatham Kent <a href="http://www.kentlegiontrackclub.com">www.kentlegiontrackclub.com</a> 519 676 8393			Event Groups: All events Age Groups: All ages		Does not currently service athletes with disabilities and but has the capacity to do so.		
<b>Kingston Napanee TFC</b>	Kingston <a href="mailto:dwbulak@sympatico.ca">dwbulak@sympatico.ca</a> 613 549 3736	Wayne Bulak (Level 3) Kevin Dunbar (distance, xc) Melody Torcolacci		Event Groups: sprints, distance, throws			Annual memberships, seasonal memberships(spring, summer)	
<b>Kitchener-Waterloo Track &amp; Field Association</b>	Kitchener-Waterloo <a href="http://www.kwtf.ca">www.kwtf.ca</a> <a href="mailto:info@kwtf.ca">info@kwtf.ca</a> 519 725 3343		-Centennial Stadium -Waterloo Memorial Rec Centre	Event Groups: track, cross-country, road racing Age Groups: grade 4+	Tues/Thurs: 6-7:30 pm Sat: 9-10:30am	Services athletes with disabilities and has the capacity to do so.	Can join at anytime, pro-rated memberships are available Starting at \$160 per session plus 50 fundraising fee	Included: club T-shirt, MTA or AO affiliation, and entry fees  Not Included: other club athletic apparel
<b>Lakehead Athletics Club</b>	Thunder Bay <a href="http://www.lakeheadrunning.com">www.lakeheadrunning.com</a>	Roger Slomke Kip Sigsworth	-Lakehead University	Age Groups: 11 yrs+	Tues/Thurs or	Services athletes with disabilities and has	Annual membership,	Included: access to indoor and

			-Fort William Stadium		Mon/Wed and Sat: 10am	the capacity to do so.	summer membership, camps Fees: \$325/yr, junior development	outdoor training facilities, racing uniform, and t-shirt
<b>Laurel Creek Track &amp; Field Club</b>	Kitchener Waterloo <a href="http://www.laurelcreektrackclub.com">www.laurelcreektrackclub.com</a>	Gary Crossley Janusz Tomko Jason Gropp Ray Riley Bruce Glebe Tom Fitzgerald Briton Dowhaniuk	-Resurrection Catholic Secondary School -Waterloo Memorial Rec Centre	Event Groups: Sprints, hurdles, middle distance, horizontal jumps, vertical jumps, throws	Mon/Wed: 5:30-8:30pm Sat: 9:30-11:30 am (outdoors) 11-1:00pm (indoors)		Annual membership, seasonal membership, training camps	Included: entries, uniform, access to facility, training, transportation, subsidized accommodation Not Included: flights to nationals if club standard has not been met
<b>Les Coureurs de Bois</b>								
<b>Lightning Athletics Club</b>	Toronto 416 671 0527	Gary Lubin (Level 3) Phil Li	York University	Event Groups: jumps (high jump specialty club) Age Groups: 10 to masters age	Mon/Tues/Thurs: 7:30-9pm	Does not currently service athletes with disabilities.	Annual memberships, seasonal, membership camps	Included: nutritional counseling and personal training.
<b>London Legion Track &amp; Field Alliance</b>	<a href="http://www.londonlegiontrack.ca">www.londonlegiontrack.ca</a> joeryder@londonlegiontrack.ca 519 652-9477	Sandra Cooper-Ryder Linda Findley Janet Takahashi Bud Willis Dave Dessureault Sally Chamberlain Karen Dailleboust Collette Tesfaye	Agriplex Indoor Multi-Sport Centre (Indoors) T.D Waterhouse  (Outdoors) Event Groups: sprints, hurdles(long/short) distance high jump, long jump, combined events Ages (6+)		High Performance Indoors 4-6 Daily Agriplex Development 5-7 PM Tues & Thursday Sat 11 AM Childrens Programs 5-8 PM (variety) Mon/Wed/Fri Saturday mornings 9:30 - 11  Oudoors 4:30-6 Daily T.D. Waterhouse Development 5-7 PM Tues & Thursday Sat 4 - 8 Childrens		Annual, seasonal memberships  Fees: Full year: \$500+AO fee XC-\$200+AO fee Included: entry fees, travel	

					Programs 5-7 M (variety Mon/Wed/Fri)			
<b>London Runner Distance Club</b>	London <a href="http://www.londonrunner.ca">www.londonrunner.ca</a> <a href="mailto:steveweiler@hotmail.com">steveweiler@hotmail.com</a> 519 777 6096	Steve Weiler (Level 3) Nate DeWitt	-Weldon Park -Gibbons Park	Event Groups: mid-long distance, 800m- marathon Age Groups: 8- 50+ yrs	Mon/Wed: 6- 8pm Thurs: 7-9:15pm Sat: 10 -12pm Sun: 8-11am	Does not currently service athletes with disabilities and does not have the capacity to do so.	Annual, seasonal membership, camps Fees: fees vary depending on age/need/type of membership	Included: personalized schedule, track and xc entry fees  Not Included: road race entry fees, travel costs
<b>London Western Track &amp; Field Club</b>	London <a href="http://www.londonwestern.ca">www.londonwestern.ca</a> <a href="mailto:addactivity@gmail.com">addactivity@gmail.com</a> 519 204 3992	Dave Mills John Stevenson Deborah Lenz Leigh-Ann Rowe Kim Blackwood Chris Williams Sylvia Kontra John Allan John Crassley Paul Whitty Mary Robertson	-Thompson Arena (Indoors) -T.D Waterhouse (Outdoors)	Event Groups: throws, sprints, distance running, high jump, long jump, pole vault, SAQ Age groups: 7-69 yrs	Mon/Wed:6- 8pm Sat: 10-12am	Currently services athletes with disabilities and has the capacity to do so.	Annual, seasonal memberships Fees: Indoor-\$300+AO Outdoor- \$300+AO fee Full year: \$500+AO fee XC-\$200+AO fee	Included: entry fees, travel, awards dinner, some accommodations Not Included: travel to other provinces, uniforms
<b>Marathon Dynamics Running Groups</b>	Running Groups in Toronto, Mississauga, Oakville, Richmond Hill Marathondynamics.com <a href="mailto:kevinsmith@marathondynamics.com">kevinsmith@marathondynamics.com</a> 905 891 3197		-York University -High Park	Event Groups: 10k to Marathon Age Groups: 16-60 yrs+		Does not currently service athletes with disabilities and does not have the capacity to do so.	Seasonal Membership Fees: \$19-44/wk for active coaching \$50-\$80/season for training plan development and design.	Benefits: customized training plans, small group workouts with results summaries, email
<b>Metro Toronto Fitness Club</b>	Toronto <a href="http://www.mtfc.ca">www.mtfc.ca</a> <a href="mailto:info@mtfc.ca">info@mtfc.ca</a>		Sunnybrook Pavilion	Event Groups: runners and walkers Age Groups: 35-60, mostly over the age of 60 t	Sunday: 8:30- 11am		Annual Membership Fee: \$40 family \$30 single \$15 associate	Includes: newsletters, snacks and beverages each Sunday  Not Included: no formal coaching
<b>Milton Runners</b>	Milton <a href="http://www.miltonrunners.com">www.miltonrunners.com</a> <a href="mailto:info@miltonrunners.com">info@miltonrunners.com</a> 905 693 0616		Milton District High School	Event Groups: women's triathlon Age Groups: 25-80 yrs	Sun-8am Wednesday-7pm	Does not currently service athletes with disabilities and does not have the capacity to do so.	Annual Membership Fee: \$25 per person, \$40 for family	Not Included: race entries
<b>Mississauga Track</b>								
<b>Mustang Track Club</b>	Richmond Hill <a href="mailto:arsenaultmark@sympatico.ca">arsenaultmark@sympatico.ca</a> 416 425 7573	Mark Arsenault Rick Fairman	Alexander McKenzie High School	Event Groups: distance (400m+)			Annual or seasonal memberships Fees: \$150 Must be a student at Alexander MacKenzie High School (or	Not Included: Travel expenses, entry fees

							entering grade 9 at AMHS)	
<b>Newmarket Huskies Track Club</b>	New Market, ON Newmarkethuskiestrack.ca <a href="mailto:info@newmarkethuskiestrackclub.ca">info@newmarkethuskiestrackclub.ca</a>	Hugh Cameron, Geoff Peat Craig McLaughlin, Eddie Raposo, Derek Hackshaw, Jose Carvalho	-Pickering College -Ray Twinney Complex	Event Groups: mid distance to marathon and xc Age Groups: minors to masters	Wed: evenings Sat: mornings	Does not service athletes with disabilities and does not have the capacity to do so.	Full Year Membership, Indoor, Outdoor, Cross Country Fees: Minors: \$280 Masters: \$250+\$40 Ontario Masters Juniors/Seniors: \$315 Youth: \$290	Includes: AO registration, meet fees, singlet, shorts Not Included: road race fees, portion of travel, additional club apparel
<b>Niagara Olympic Club</b>								
<b>Niagara Regional Athletics</b>								
<b>Nith River Runners</b>	Plattsville <a href="mailto:nthriverrunners@yahoo.ca">nthriverrunners@yahoo.ca</a> 519 684 9997	Al Dick (Level 2)		Event Groups: road racing, cross country, track Age groups: 14yrs-masters		Does not service athletes with disabilities and does not have the capacity to do so.	Annual membership Fees: \$250/yr	Included: AO membership, club membership Not Included: entry fees
<b>North Bay Legion TC BR23</b>								
<b>Oakville Legion Track Club</b>								
<b>Ontario Race walkers Association</b>	Etobicoke Ontarioroadwalkers.com <a href="mailto:staffordwhalen@rogers.com">staffordwhalen@rogers.com</a> 416 243 5413	Stafford Whalen	Centennial Stadium -High Park	Event Groups: race walking Ages: 10-80 yrs		Does not currently service athletes with disabilities and does not have the capacity to do so.	Annual Membership Fees: \$250/yr	Included: facility access  Not Included: uniform, travel costs, entry fees
<b>Orillia Legion Athletic Club</b>								
<b>Ottawa Lions Track &amp; Field Club</b>	Ottawa <a href="http://www.ottawalions.com">www.ottawalions.com</a> <a href="mailto:info@ottawalions.com">info@ottawalions.com</a> Outdoor: 613-247-4886 Indoor: 613-830-1993 ext. 4	Alain Boucher Alayna Miller Amanda Fader Bill Heikkila Bob Staveley Candace Battig Cecilia Branch Constance Campbell Dan Percival <u>Carrie Coiro</u>	Outdoor: Terry Fox Facility; Mooney's Bay  Indoor: Dome @ Louis-Riel High School	Event Groups: All Age Groups: All Darcy Cumming Leigh O'Conor Darrin Reesal Leslie Estwick Frank Jones Lorraine McKenzie Mark Hynes Marta Piresferreira Grant Bolton Helen Cooper Hugh Conlin J Anna Holder Judy MacDonald	Monday through Thursday and Saturday  Times and Locations vary with group	Services athletes with disabilities and has capacity to do so. Richard Bergman Ryan Rowat Sean Burges Spencer Carroll Steve Yorston Veronique Fortin Vince Fay Yolande Jones- Canada	Annual, Seasonal Memberships & Camps  Fees vary depending on age/need/type of membership	Included:  Uniforms, Indoor facility fees, coaching, entry fees and travel subsidization.

Darcy Cumming

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Darrin Reesal

Frank Jones

Glenroy Gilbert

Grant Bolton

Helen Cooper

Hugh Conlin

James Holder

Judy MacDonald

Ken Porter

Richard Bergman

Richard Deneault

Ryan Rowat

Sean Burges

Spencer Carroll

Steve Yorston

Veronique Fortin

Vince Fay

Yolande Jones-  
Grande

Leigh O'Connor

~~Leslie Esywick~~

~~Yolande McKenzie~~  
Grande

Mark Hayes

Ray Elrick

~~Marta Piresferreira~~

Nathalie Cote

Normand Séguin

Pat Reid

Pauline van der Roe

Richard Bergman

Richard Deneault

Ryan Rowat

Sean Burges

Spencer Carroll

Steve Yorston

		Veronique Fortin Vince Fay Yolande Jones-Grande Ray Elrick						
<b>Over the Top</b>	Greater Toronto Area Tel: 416-388-5350 Email: <a href="mailto:milt@othp.ca">milt@othp.ca</a>	Milton Ottey		Ages: All	Times and Frequencies very with group		Fees vary depending on age/need/type of membership	
<b>Peel Peregrines Athletics</b>	Mississauga <a href="mailto:runningperegrines@rogers.com">runningperegrines@rogers.com</a> 905 542 0021	Zain Syed Ahmed Gourau Bhatt Spencer McGillicuddy Luca Geiser	Centennial Park Stadium	Event Groups: middle to long distance Age Groups: preferably bantam, midgets, and youth	Wed/Fri: 5:30pm	Does not service athletes with disabilities and does not have the capacity to do so.	Annual, Seasonal memberships	Included: coaching, meet entries, AO membership, some transportation assistance
<b>Peterborough Legion Track and Field Club</b>								
<b>Phoenix Athletics</b>								
<b>Physi-Kult Kingston</b>	Kingston <a href="mailto:steve@physi-kulrunning.com">steve@physi-kulrunning.com</a> 613 589 9367	Steve Boyd	Lemoine Point, Conservation Area	Event Groups: mid-distance, road racing		Does not service athletes with disabilities and does not have the capacity to do so.	Fee: \$60/month coaching fee. Children and unemployed adults are free	Included: training and coaching Not Included: travel costs
<b>Project Athletics Track &amp; Field Program</b>	Scarborough <a href="http://www.Projectathletics.com">www.Projectathletics.com</a> <a href="mailto:beyondsports@projectathletics.com">beyondsports@projectathletics.com</a> 647 290 5453		-York University -U of T Varsity Stadium	Event Groups: sprint, hurdles, middle distance, jumps Age Groups: 14-30 yrs	Monday-Friday: 5-7pm Saturday: 11-1pm	Does not currently service athletes with disabilities and does not have the capacity to do so.	Annual/Seasonal Membership Fees: \$750	Included: coaching, uniforms, subsidized facility passes, online profiles, discounted chiropractic and physiotherapy
<b>Quinte Legion Track &amp; Field Club</b>								
<b>Runners Edge Track Club</b>	St. Catherines <a href="http://www.runnersedge.ca">www.runnersedge.ca</a> high school age or older: <a href="mailto:retch2009@gmail.com">retch2009@gmail.com</a> adult runners: <a href="mailto:info@runnersedge.ca">info@runnersedge.ca</a> 905 984 5333	Benny Ralston Gerry Hinton Phil Steel	-Runner's Edge Store –111 Fourth Ave -Sir Winston Churchill High School	Event Groups: bantam and older, adult running groups	Everyday as needed	Does not currently service athletes with disabilities and does not have the capacity to do so.	Fees: \$10 club fee+AO fee Clinic fees vary	Benefits: store discounts Included: AO memberships, singlet Not included: entry fees
<b>Runner's Life</b>	Peterborough Runnerslife.ca <a href="mailto:dave@runnerslife.ca">dave@runnerslife.ca</a> 705 876 8960	David Dame (Level 2)	Roads and tracks of Peterborough	Event Groups: Multisport Age Groups: 6-70 yrs		Does not currently service athletes with disabilities and does not have the capacity to do so.	Annual and Drop-in fees Fees: \$90 annual or \$3/session	
<b>St. Thomas</b>	St. Thomas / London	Harry Stantsos	Parkside Collegiate	All events	Tues, Thurs, &	Currently services	Annual	Included: access to

<b>Legion TFC</b>	<a href="mailto:hstantsos@sympatico.ca">hstantsos@sympatico.ca</a> <a href="http://www.stl-trackandfield.ca">www.stl-trackandfield.ca</a>	Geoff Robins Josh Clayton Graham Carver Beth Vincent	track, St. Thomas Thompson Arena indoor track, UWO, London	All age groups (8 yrs+)	Sat Times vary depending on season	athletes with disabilities and has the capacity to do so.	Indoor Outdoor x-country Summer Camp	training facilities and coaching, entry fees, uniform, subsidized travel & accommodation Not included: Nat'l competition and out of province expenses
<b>Sarnia Athletics Southwest TFC</b>	Sarnia <a href="http://www.aswtrack.com">www.aswtrack.com</a> <a href="mailto:skinzhj@hotmail.com">skinzhj@hotmail.com</a> 519 336 3484	Joel Skinner (Level 3) Vince Evers Nadine Devin	-Sarnia Central Athletics Facility -Sarnia Collegiate Institute & Technical School	Event Groups: all Age Groups: 9-30 yrs	Winter: 2:45-6pm Summer: 10am-1pm/ 4-7 pm	Currently services athletes with disabilities and has the capacity to do so.	Seasonal memberships: xc/indoor/outdoor memberships are available Fees: \$200-indoor, \$150-outdoor, \$350-full year	Included: entry fees and some transportation Not included: flights/hotels/food
<b>Saugeen Track &amp; Field Club</b>								
<b>Sault Athletics Club</b>								
<b>Sky's The Limit Athletics Track Club</b>	Scarborough 416 282 8510 <a href="mailto:m.martells@hotmail.com">m.martells@hotmail.com</a>		-Variety Village -Birchmount Park Stadium	Event Groups: sprints and middle distance Age Groups: 13-20+	Mon/Wed/Fri: 6-7:30pm Sat: 12-1:30	Does not currently service athletes with disabilities and does not have the capacity to do so.	Annual, seasonal memberships Fees: Junior/Senior- \$450+\$95AO Midget/Juv- 400+\$75 AO Bantam- \$400+\$45AO High School Season: \$250+AO	Included: Training, singlet, transportation and accommodation to out of town meets  Not Included: Entry fees
<b>South Simcoe Dufferin Track &amp; Field Club</b>								
<b>Speed River TFC</b>								
<b>Supreme Athletics</b>	Kitchener <a href="mailto:supremeathletics@rogers.com">supremeathletics@rogers.com</a> 519 742 0416	Janusz Tomko (Level 3) Jason Goetz	-St. Davids Catholic School -Waterloo Rec Centre	Event Groups: hurdles, jumps, sprints Age Groups: midgets to seniors		Does not currently service athletes with disabilities and does not have the capacity to do so.		Included: training and uniform
<b>Strong Track</b>	Toronto <a href="http://www.strongtrack.com">www.strongtrack.com</a> <a href="mailto:sjstrong@strongtrack.com">sjstrong@strongtrack.com</a> 416 240 8312	Stephen J Strong	-Father John Redmond High School -Samuel Smith Park -Centennial Park -High Park	Event Groups: sprints, hurdles, relay, middle distance, jumping, throwing Age Groups:	Sat: 12-4pm Mon-Fri: 4-6pm	Does not currently service athletes with disabilities and does not have the capacity to do so.	Annual memberships, seasonal memberships, camps Fees: \$250/yr	Included: AO membership, entry fees, Nike racing singlet, discount Nike footwear, access to rehabilitation

			-Marie Curtis Park -York University	Bantam to senior				services.
<b>Take Flight Athletics</b>								
<b>Throwers Club</b>								
<b>Thunder Bay Legion Athletic Club</b>								
<b>Timmins Porcupine Track &amp; Field Club</b>								
<b>Toronto Beaches Runners Club</b>	Toronto <a href="http://www.beachesrunners.com">www.beachesrunners.com</a> daveemilio@beachesrunners.com	Dave Emilio Duff McLaren	Woodbine and Queen St. East	Event Groups:all Age Groups: all	Wed: evening Sun: morning	Does not service athletes with disabilities, but has the capacity to do so.	Fees: \$45 /yr	Benefits: Online coaching, guest speakers, personalized training schedules, Social functions
<b>Toronto Olympic Club</b>								
<b>Toronto Running Club</b>	Toronto <a href="mailto:info@torontorunningclub.com">info@torontorunningclub.com</a>	No coaching is offered	North Toronto Memorial Community Centre		Wed: 6:30-8pm	Does not service athletes with disabilities, but has the capacity to do so.		Included: club t-shirt, social activities, AO affiliation  Not Included: Do not offer coaching
<b>Track North Athletics Club</b>	Sudbury <a href="http://www.tracknorth.com">www.tracknorth.com</a> <a href="mailto:coach@peupdate.com">coach@peupdate.com</a> 705 523 1143	Dick Moss Darren Jermyn Jim Taylor	Laurentian University Indoor & Outdoor Track	Event Groups: running events and horizontal jumps Age Groups: grades 4-8, high School to Masters	Mon/Wed /Fri: 4pm	Does not currently service athletes with disabilities and does not have the capacity to do so.	Fees: Bi-Annual-\$150 Annual-\$300	Includes: competition travel assistance Not Included: admission fee for indoor track use
<b>Tri City Track Club</b>								
<b>United Tamil Sports Club</b>	Toronto <a href="mailto:unitedtsc@hotmail.com">unitedtsc@hotmail.com</a> 416 458 5467	Thasarathan Kandiah,	-York University -Malvern Rec Centre	Age Groups: 6-17 yrs	Mon/Wed /Fri: 6:30-9:30 pm	Does not service athletes with disabilities and does not have the capacity to do so.	Indoor Membership-\$100 Outdoor Membership-\$150	Benefits: training and necessary equipment (shot puts, tapes etc)  Includes: access to indoor and outdoor training facilities, singlet
<b>University of Toronto Track Club</b>	Toronto <a href="http://www.Trackinthecity.com">www.Trackinthecity.com</a> <a href="mailto:Carl.georgevski@utoronto.ca">Carl.georgevski@utoronto.ca</a>	All coaches are NCCP level 2 or higher	-U of T Varsity Centre	Event groups: all, no walks Age Groups: 7- 77 yrs	Mon-Fri: 4-7pm Sat: 10-12pm	Does not currently service athletes with disabilities, but has the capacity to do so.	Annual memberships Fee: \$400 per yr, plus AO and entries	Included: facility pass at u of t Not Included: entry fees
<b>University of Windsor Alumni</b>	Windsor <a href="mailto:Fairell@windsor.ca">Fairell@windsor.ca</a>	Dennis Fairell: (Level 3)	-University of Windsor	Event Groups: all	Varies	Does not currently service athletes with	Fee: \$125	Included: facility use and AO

<b>Club</b>	519 253 3000	Brett Lumley (Level 3) Kevin Dinardo (Level 3) Denise Herbert (Level 3) Jesse Dupois (Level 3)	-Sandwich Secondary School	Age Groups: seniors		disabilities, but has the capacity to do so.		registration  Not Included: travel costs
<b>Upper Waterloo Track Club</b>	Waterloo <a href="mailto:sferth@gmail.com">sferth@gmail.com</a> 519 616 7880	Shane Ferth	St. David's Catholic	Event Groups: sprints, hurdles, mid-dist, jumps Age Groups: Jr, Sr, Masters	Mon/Tues/Thurs: 4:30pm Sat: 1:00pm	Does not currently service athletes with disabilities and does not have the capacity to do so.	Annual, Seasonal Memberships Fees: \$120-summer	Not Included: entry fees and accommodations
<b>Village People Runners</b>	Toronto <a href="http://www.villagepeoplerrunners.com">www.villagepeoplerrunners.com</a> <a href="mailto:alanbaigent@sympatico.ca">alanbaigent@sympatico.ca</a> 416 694 1789	Al Baigent Chris Baigent	-Variety Village -Birchmount Stadium	Event Groups: cross country, track and field, road racing Age Groups: 10-60 yrs	Wed/Fri: 5pm Sun: 9am	Does not currently service athletes with disabilities but has the capacity to do so.	Fee: not membership fees	Not Included: team members buy uniform
<b>Wasaga Beach Road Runners</b>	Wasaga Beach <a href="http://sites.google.com/site/wasaga">http://sites.google.com/site/wasaga</a> beachroadrunners.com <a href="mailto:info@wasagabeachroadrunners.com">info@wasagabeachroadrunners.com</a>			Event Groups: road running races, triathlons, duathlons Age Groups: 18 yrs+(under 17, accompanied by a guardian)		Does not currently service athletes with disabilities and does not have the capacity to do so.	Annual membership Fees: \$30/yr	Included: AO affiliation
<b>West Kingston Track Club</b>	Kingston Michael <a href="mailto:Lazure@sympatico.ca">Lazure@sympatico.ca</a> 613 384 5456	Annie Marie Macrow Michael Lazure Marie Hulse		Event Groups: Middle distance, cross country Age Groups: 10yrs-19 yrs	Mon-Fri: 3pm	Does not currently service athletes with disabilities and does not have the capacity to do so.	Seasonal Memberships, Fee: \$50/yr	
<b>West Toronto Pacers</b>	Toronto <a href="http://www.westtorontopacers.com">www.westtorontopacers.com</a> <a href="mailto:westtorontopacers@rogers.com">westtorontopacers@rogers.com</a>	Jeff Hendler Terry Carrick	Kingsway Boxing Club	Open to all ages and levels of experience	Tues:6:30pm Thurs:6:30pm Sat:8:00am	Does not currently service athletes with disabilities, but has the capacity to do so.	Fees: \$50/yr	
<b>West Toronto Track Club</b>	Hamilton <a href="mailto:westtorontotrack@ymail.com">westtorontotrack@ymail.com</a>	James Buwلمان (Level 3) Monique Haan (Level 2) Leeann Fester	-Centennial Park -Mill Valley Middle School	Event Groups: All events Age Groups: junior development-masters	Mon/Tues/Wed/Thurs: 6-7:30pm	Does not currently service athletes with disabilities and does not have the capacity to do so.	Annual memberships, youth cross-country camps, youth summer camp Fees: age group rates, \$350-\$500 annually	Included: club singlet, pants, jacket, coaching, meet entries, championship meet subsidies
<b>Windsor Bulldogs Disabled Track Club</b>	Windsor <a href="http://windsorbulldogstrackandfield@hotmail.com">windsorbulldogstrackandfield@hotmail.com</a> 519 977 9069	Jeff May Brittany Moran Phil McKeen	St Denis Centre-University of Windsor Stadium	Event Groups: All disciplines Age Groups: 10 yrs+	Mon/Wed: 6:30-8	Currently services athletes with disabilities and has the capacity to do so.	Annual membership Fee: \$75	Included: facility access, travel expenses to meets
<b>Windsor Legion</b>	Windsor		University of	Event Groups:	Indoor:	Currently services	Annual	Included:

