

# Calgary Roadrunners Club

## X-C Running Grand Prix Season 2009-2010



The XC Grand Prix series combines the essential ingredients of real running: varied terrain, natural surfaces and plenty of food. Run a few or complete all ten races in the series. Each XC is preceded by a kids' race about 1 km in length. All races are followed by social mixing, soup and desserts. The soup, buns and beverages are provided. You bring the dessert.

### 2009

Oct.	3	River Park Classic	Derek Wilkinson	403 271-2240
Oct.	18 (Sun)	Confed. Park (3 x 4 km relay)	Julie King	403 208-4723
Nov.	7	Edworthy Park	Danny Beaman	403 463-4394
Nov.	21	Okotoks	Wayne Gaudet	403 938-7946
Dec.	12	Silver Springs ( <i>accepting donations for shelter</i> )	Kathy Taerum	403 239-5690

### 2010

Jan.	9	Nose Creek	Dawn Henry	403 226-3076
Jan.	23	Twelve Mile Coulee	Hugh Magill	403 286-6269
Feb.	6	Nose Hill	Terry & Jim Morris	403 710-4662
Feb.	20	Weaselhead	Rob Stichbury	403 256-0753
Mar.	6	Fish Creek	Karen Chugg	403 278-1959
Mar.	20 (Sat.)	Awards Night	Kathy Taerum and Derek Wilkinson	403 239-5690 403 271-2240

<b>Start time:</b>	12:00 Noon, on Saturdays (except Confederation Park which is on a Sunday)
<b>Distance:</b>	Grand Prix qualifying races are about 8 km in length. A 4km fun run is offered at each event. The Confederation Relay is a 3-person relay, each runner completing a 3.5km course. For the cross country novice, we recommend the shorter River Park and Confederation Relay courses and the well-groomed Okotoks course.
<b>Pre-registration:</b>	Required only for the Confederation Relay
<b>Info on CRR Website:</b>	<a href="http://www.calgaryroadrunners.com">www.calgaryroadrunners.com</a> for race entry forms, Grand Prix Rules and last-minute updates (In case of race cancellation due to severe weather or a change in race location)
<b>General X-C Information:</b>	krttaerum@telusplanet.net 239-5690/532-3692, Derek Wilkinson derekw@cnrl.com 514-7785
<b>Social restrictions:</b>	PLEASE BRING A DESSERT and your mug, bowl & spoon. Help reduce the amount of waste generated at each race. Our long-serving volunteers dish up food and beverages at 9 of the 10 races. Each year we recognize their efforts by supporting a charity. At the <b>Silver Springs</b> XC on Dec. 12 we will be accepting donations for senior citizens in the shelter at Kirby House and toiletries for the Drop-In Centre. Suggested gifts include candy, playing cards, shaving items & toothbrushes. Donations aren't mandatory but very much appreciated.
<b>Entry Fees:</b>	General fee \$10.00, Current CRR club members \$7.00, Students \$5.00. Children's 1km Free. Parent must complete entry & sign waiver for each child.
<b>Rewards/Awards:</b>	Soup, desserts and beverages to all participants. Awards to be presented to top three in each age category at the end of the series banquet on March 20, 2010. Trophies to overall male and female series champion.
<b>Grand Prix Format:</b>	Best six finishes in all but the Confederation Relay are counted toward Grand Prix standings. Categories: Under 18, 18-29, 30-39, 40-49, 50-59, 60-69, 70 plus (male and female). See CRR web page for complete rules and tie-breaking criteria. Runner's age category is determined by age on date of first race, Oct. 3, 2009.
<b>Iron Person Award</b>	Must run in ALL 10 races* (Confederation Park relay and any combination of 8K or 4K at the other 9 races.) *Iron Persons may choose to substitute a volunteering stint as a Race Marshal or Finish Line Volunteer in lieu of running ONE of the 10 events. See CRR web page for Iron Person qualifications.