

Nose Hill Cross-Country Entry Form

8 km, 4 km, and Kids 1 km Race

(One entry per form)

Last Name: _____

First Name: _____ M F

CRR Member: _____ Yes No

Race Event: _____ 8km 4km 1km

Entry Fee Enclosed:

Kids 1 km race	\$0
Student Runner	\$5
Calgary Road Runner	\$7
All Other Participants	\$10

(Please circle appropriate entry fee)

8 Km Category:	<u>Men</u>	<u>Women</u>
	A under 18	H under 18
	B 18-29	I 18-29
	C 30-39	J 30-39
	D 40-49	K 40-49
	E 50-59	L 50-59
	F 60-69	M 60-69
	G 70 plus	N 70 plus

(Please circle appropriate category, age as of 01-OCT-2011)

(Age categories apply only for 8km race)

Release and Indemnity must be signed; "As Is" or the entry form will not be accepted.

In consideration of the Calgary Roadrunners Club (hereinafter referred to as the "Roadrunners"), accepting this, my entry, I hereby, both for myself and my heirs, release from liability and waive any and all claims for damages (whether for personal injury, death, illness, property damage and/or property loss), including claims for negligence, which I may have as a result of my participation in this race, against the following: the Roadrunners, its Executive and members; race organizers and members and volunteers assisting them; the City of Calgary and its employees and agents; and other participants in this race. I acknowledge that running is a sport with risks (both known and unknown) inherent in it, and in signing this entry form it is my intention to accept those risks, and all consequences thereof, for myself alone. The terms of this Release are severable from one another, and the validity of any one or more clauses in the Release shall not affect the validity of the other clauses. I acknowledge that I have read this Release in its entirety, that I understand and agree to be bound by its terms and I am signing it voluntarily without duress or undue influence from anyone.

SIGNATURE _____ DATE _____
(OR PARENT/GUARDIAN FOR ENTRANTS UNDER 18)

Calgary Roadrunners 2011-2012 Cross Country Grand Prix Series

This series combines the essential ingredients of real running: varied terrain, natural surfaces and plenty of food. Each race is preceded by a kid's 1km race. The October races, River Park and the Confederation Relay are shorter, forming an excellent introduction to X-C racing for the novice. All races are followed by social mixing, soup and desserts. The soup is provided, you bring the dessert.

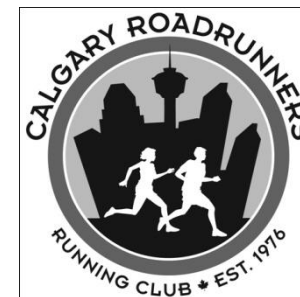
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Oct 1	River Park Classic	Derek Wilkinson	271-2240
Oct 16	Confederation Park Relay	Phil Ukrainetz & Ryan Rawlyk	585-1002
Nov 5	Edworthy Park	Danny Beaman	919-1719
Dec 3	Okotoks	Shelly Vold	938-2699
Dec 17	Silver Springs	TBA	
Jan 14	Nose Creek	Dawn Henry	226-3076
Jan 28	12 Mile Coulee	Hugh Magill	286-6269
Feb 11	Nose Hill	Trev Williams	831-8738
Feb 25	Weaselhead	Alan Lam	818-1284
Mar 10	Fish Creek	Karen Chugg	278-1959
Mar 24	Awards Night Pot Luck	Kathy Taerum Derek Wilkinson	239-5690 271-2240

Race results will be posted on the Calgary Roadrunners Club web site.



www.CalgaryRoadRunners.com

NOSE HILL CROSS- COUNTRY RACE



Saturday
FEBRUARY 11, 2012

**Note the start location
and after-race venue!**

*Starts at
12 noon sharp!*

Check it out
www.CalgaryRoadRunners.com

27th annual NOSE HILL Cross-Country Race

Date and Time:

Saturday February 11, 2012
11:45 am – 1 Km Kids Race
12:00 pm – 8 Km & 4 Km Race

NEW LOCATIONS! - Race Start and Hall locations

Race registration and start at the Brisebois Drive and John Laurie Blvd. entrance to Nose Hill Park. Please carpool from the hall as there is limited parking. Park only in designated spots. http://www.calgary.ca/docgallery/bu/parks_operations/nosehill/nose_hill_map.pdf

Washrooms/Amenities:

At the Triwood Community Hall 2244 Chicoutimi Drive NW

Categories:

8 km Men	8 km Women
A under 18	H under 18
B 18-29	I 18-29
C 30-39	J 30-39
D 40-49	K 40-49
E 50-59	L 50-59
F 60-69	M 60-69
G 70 plus	N 70 plus

(Age category is determined by your age on Oct. 1, 2011)

Entry Fees:

- \$0 for Kids in the 1km Race
Parents/Guardian must sign waiver for Kids in the 1 Km Race.
- \$5 for Students
- \$7 for Calgary Roadrunner members
- \$10 for all other runners

Make cheque payable to:

Calgary Roadrunners Club

CRR GST # 13200 2668 RT001

Registration:

Register on race day at the start 10:45 & 11:30 am at the Brisebois parking lot at Nose Hill Park. Please arrive early so we can start the race on time!

Visit the CRR home page for updated information and in case of cancellation due to extremely cold weather.

www.calgaryroadrunners.com

Post Race Fun, Soup & Social:

Post race meal will be served at the Triwood hall 2244 Chicoutimi Dr NW. Hot soup, rolls and beverages provided.

Please bring a dessert to share with race participants.

Please help reduce waste by bringing your own mug, bowl and spoon.

Course Description:

Kids Race is about 1 km in distance. The 8 km course climbs to the top of Nose Hill and then follows undulating trails of picturesque Nose Hill Park. The 4 km Fun Run will follow the same trail as the first portion of the 8 km race.

Depending on the weather prior to race day, the course may present hazards, such as exposed rocks, mud, snow, icy patches and hidden gopher holes. Spikes or shoes with a good tread are a must.

Listen to the instructions at the start of the race and take directions from the course marshals. You'll succeed in staying on course by following the flags rather than the runners ahead.

Race Director Info:

Trev Williams trev@thedoctrine.ca
(403) 831-8378

Please contact the race director if you can help out on race day.
Thanks!

