

## 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: Men 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

(Please circle appropriate category, age as of 2006-SEP-30)

(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 2006-2007 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 race about 1 km in length. The Confederation Park adult race in October is 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

Sept 30	Waldorf School	Chris Bunce	686-6699
Oct 22	Confederation Park Relay	Julie King	289-4722
Nov 11	Edworthy Park	Danny Beaman	463-4394
Dec 2	Okotoks	Gary Glover	601-2727
Dec 16	Silver Springs	Kathy Taerum	239-5690
Jan 13	Nose Creek	Dawn Henry	226-3076
Jan 27	12 Mile Coulee	Hugh Magill	286-6269
Feb 10	Nose Hill	Terry & Jim Morris	710-4662
Feb 24	Weaselhead	Rob Stichbury	256-0753
Mar 10	Fish Creek	Karen Chugg	278-1959
Mar 24	Awards Night Pot Luck	Kathy Taerum	239-5690

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



[www.CalgaryRoadRunners.com](http://www.CalgaryRoadRunners.com)

# NOSE HILL CROSS- COUNTRY RACE



Saturday  
FEBRUARY 10, 2007

12 Noon  
Sharp!

Check it out  
[www.CalgaryRoadRunners.com](http://www.CalgaryRoadRunners.com)

# NOSE HILL Cross-Country Race

## Date and Time:

Saturday February 10, 2007  
11:45 am – 1 Km Kids Race  
12:00 pm – 8 Km & 4 Km Race

## Race Location:

Race starts a few blocks from the North Haven Community Hall at the tunnel under 14<sup>th</sup> St. The hall is located at 5003 North Haven Drive NW. (Intersection of 48<sup>th</sup> Ave. and North Haven Dr., one block west of where McKnight Blvd. turns into John Laurie Blvd.)

## Washrooms/Amenities:

At the North Haven Community Hall

## 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

*(Category only applies for the 8 km race and is determined by your age on Sept. 30, 2006)*

## 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*

Pre-registration not required. If you wish to avoid the line-up, mail entry & fee to:  
Box 435, Water Valley AB, T0M 2E0

## Registration:

Register race day between 10:45 & 11:30 am at the North Haven Community Centre. Please arrive early so we can start the race on time!

In case of extremely cold weather, check the CRR website or call 228-0999 to confirm if race is cancelled.

## Post Race Fun, Soup & Social:

Post race meal will be served at the North Haven Community Hall. Hot soup, rolls and beverages provided.

Please bring a dessert to share with race participants.

*Bring your own mug, bowl and spoon to reduce waste.*

## Course Description:

The Kids Race is about 1 km in distance. The Cross-Country climbs to the top of Nose Hill then along the undulating trails of picturesque Nose Hill Park before descending back to the start. Depending on the weather prior to race day the course may include hazards from exposed rocks, mud, snow, icy patches and hidden gopher holes. Spikes or shoes with a good tread are a must. The 4 km Fun Run will follow the same trail as the first portion of the 8 km race.

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

## Race Director Info:

Jim & Terry Morris  
[winterstart@canada.com](mailto:winterstart@canada.com)  
C: 710-4662

Contact the race directors if you are available to volunteer on race day. Thanks!

