

Fish Creek X-C 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 30-SEP-2006)

(Categories only applies to the 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

Fish Creek Cross-Country Race

Final race in the 2006-2007 X-C Grand
Prix



Saturday
MARCH 10, 2007

The Fun Starts at
At 12 Noon
Sharp!

Check it out
www.CalgaryRoadRunners.com

Fish Creek Cross Country Race

Date and Time:

Saturday March 10, 2007

11:45 am – 1 Km Kids Race

12:00 pm – 4 Km Race

12:00 pm – 8 Km Race

Race Location:

Enter Fish Creek Park at Sun Valley Blvd. across from Sun Harbour Rd. SE. Turn left at the first fork in the road and start is adjacent to the parking lot.

Amenities:

None at the race start. Washrooms at the Chaparral 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 skip the line-up, mail entry & fee to:

180 Deerbow Circle SE
Calgary, Alberta, T2J 6J2

Registration:

Register race day between 10:45 & 11:30 am at the parking lot in Fish Creek Park.. Register early so that the race can start on time!

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

Post Race Fun, Soup & Social:

Lake Chaparral Recreation Centre 225 Chaparral Dr. SE. (From race, head south on Sun Valley Blvd. across Hwy 22X and turn right onto Chaparral Drive SE.) Hot soup, rolls and beverages will be served. Please bring your favourite dessert to share with other participants and volunteers.

To reduce waste, bring your own mug, bowl and spoon.

Course Description:

Race starts at parking lot and winds around Fish Creek Park. Classic cross country hazards will definitely be encountered, (mud, snow, ice, water crossings, steep hills, uneven footing with possible gopher holes.) Spikes are recommended - or at least good treaded shoes. (Nearest washrooms are a significant jog from the race start; please plan accordingly.)

4K will include most of the above.

Kids run will be about 1 km long and will not include most of the above.

Race Director Info:

- Karen Chugg 278-1959
- Volunteers are always welcomed

