

## River Park 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>
	<b>A</b> under 18	<b>H</b> under 18
	<b>B</b> 18-29	<b>I</b> 18-29
	<b>C</b> 30-39	<b>J</b> 30-39
	<b>D</b> 40-49	<b>K</b> 40-49
	<b>E</b> 50-59	<b>L</b> 50-59
	<b>F</b> 60-69	<b>M</b> 60-69
	<b>G</b> 70 plus	<b>N</b> 70 plus

(Please circle appropriate category, age as of 3-OCT-2009)

(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 2009-2010 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.

Oct 3	River Park Classic	Derek Wilkinson	271-2240
Oct 18	Confederation Park Relay	Julie King	208-4723
Nov 7	Edworthy Park	Danny Beaman	463-4394
Nov 21	Okotoks	Wayne Gaudet	938-7946
Dec 12	Silver Springs	Kathy Taerum	239-5690
Jan 9	Nose Creek	Dawn Henry	226-3076
Jan 23	12 Mile Coulee	Hugh Magill	286-6269
Feb 6	Nose Hill	Terry & Jim Morris	710-4662
Feb 20	Weaselhead	Rob Stichbury	256-0753
Mar 6	Fish Creek	Karen Chugg	278-1959
Mar 20	Awards Night Pot Luck	Kathy Taerum Derek Wilkinson	239-5690 271-2240

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



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

## River Park Classic Cross Country Race



Saturday  
October 3, 2009

The Fun Starts at  
At 12 Noon  
Sharp!

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

# River Park Classic Cross-Country Race

## Date and Time:

Saturday, October 3, 2009  
11:45 am – 1 Km Kids Race  
12:00 pm – 4 Km Race  
12:00 pm – 8 Km Race

## Race Location:

Race start is adjacent to the Sandy Beach picnic area. From Crowchild Trail, turn east onto 50th Ave. which will take you to the park entrance at 14A St. SW. Head down the hill to the parking lot next to the Elbow River.

## Amenities:

Public washrooms at the picnic site will be open.

## 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 Oct. 3, 2009)*

## 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*

If you wish to pre-register, mail entry & fee to: *14816 Parkland Blvd SE*

*Calgary, AB T2J 4X7*

## Registration:

Register race day between 10:45 & 11:30 am at the parking lot near Sandy Beach. Please arrive early so that the race starts on time!

In case of extreme weather, check the CRR web page or call the Runner's Hotline 228-0999 in case of cancellation.

## Post Race Fun, Soup & Social:

South Calgary Community Hall  
3130 16th Street SW  
*(2.2 km north of the race start. North on 15th St to 34 Ave; west one block and then north 4 blocks on 16th St.)*

Hot soup, rolls and beverages will be served. Please bring a dessert to share with race participants.

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

## Course Description:

This "classic" course will run up and down the escarpment on both sides of the Elbow River at River Park. You will cross the river twice at a 3-foot deep ford, so **expect to get wet** to your waist and bring spare shoes, a towel, and dry clothes for after the race. (There is a bridge nearby for younger runners and those who insist on avoiding the ford.) The river bed is rocky, but the rest of the course is on grass or dirt trails. Veterans of the XC series who have run this course in the past might also say it was shorter than 8 km.

Kids Race will be about 1 km long and will not include any river crossings.

## Race Director Info:

Derek Wilkinson 271-2240, 514-7785  
derek.wilkinson@cnrl.com  
Please call if you can help with marshalling or at the finish line. This is a great race for both runners and spectators.

