

Confederation Park Cross-Country Relay Race Entry Form

3 x 4 km Relay, and Kids 1 km Race

(Complete one form per team with signatures of all 3 runners.)

Team Name: _____

Team Category: _____

(Indicate Major Category and sub-category, e.g. *MASTERS Mixed*)

OPEN: (runners of any age)

Male, Female, Mixed (at least 1 female), **Family**
(all runners related)

MASTERS: (all runners 40 yrs or older)

Male, Female, Mixed

YOUTH: (all runners 17 yrs or younger)

Male, Female, Mixed

SCHOOL/CLUB: (all runners 17 yrs or younger
and Team Name must include name of school)

Male, Female, Mixed

Runner #1 Name: _____

Gender M F Age 17&under 18-39 40+

CRR Member: Yes No

Runner #2 Name: _____

Gender M F Age 17&under 18-39 40+

CRR Member: Yes No

Runner #3 Name: _____

Gender M F Age 17&under 18-39 40+

CRR Member: Yes No

(Age category as of 03-OCT-2009)

Team Entry Fee: \$ _____

Team entry fee is total for all three runners, based on:

Student (per runner) \$5

Calgary Roadrunner member \$7

All Other Adult Runners \$10

1 KM KIDS RUN: (12 & under)

check if applicable

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)

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Register by E-Mail now. Hand in signed waiver & fee on race day. Confirmation of registration will be sent by email reply.

Text of the E-Mail entry must include:

Team Name & Category,

Team Fee amount due,

Name, Gender, Age and Member/Non-CRR-member status for each runner.

(No e-mail attachments, thanks. Singles are welcome to register on-line. We'll match you with a team.)

<mailto:krtaerum@telusplanet.net>

CONFEDERATION PARK X-C RELAY RACE

Date and Time:

Sunday October 18, 2009

11:45 am – 1 Km Kids Race

12:00 pm – 3 x 4 km Relay Race

Race Location:

The race start is in Confederation Park next to Rosemont Hall 2807 10th St. NW.

Course Description:

The relay is a 4 km figure-eight course on groomed grass, with a shallow creek crossing. Each team member runs the same route. Bring a change of shoes & socks. Kids 1 km is on groomed grass.

Amenities:

Washrooms upstairs & downstairs in the Rosemont Community Hall.

Entry Fees:

- \$0 for Kids in the 1km Race
Parents/Guardian must sign waiver
- \$5 per runner, Student
- \$7 per runner, Calgary Roadrunner member
- \$10 per runner, adult non-CRR

Make cheque payable to:

Calgary Roadrunners Club

Registration:

MAX 100 Teams! Pre-Register by email, post or hand-delivery.

*c/o Kathy Taerum, 252 Ranchridge Court NW,
Calgary AB, T3G 1W5*

<mailto:krtaerum@telusplanet.net>

Race Number Pickup:

Race number pickup starts at 10:00 am at the Rosemont Hall. Check list posted outside the hall to determine your team #. Please be prepared to have one team member present the signed waiver form, pay the team entry fee and pick up all race numbers for your team(s). Receipts will be provided on request.

Race number pickup and 1K registration will close at 11:30 am in order to start the race on time! Bring safety pins.

Post Race Fun, Soup & Social:

Rosemont Hall 2807 10th St. NW.

Hot soup, rolls and beverages will be served. **Please bring a dessert** to share with race participants. To reduce waste, bring your own mug, bowl and spoon.

Race Director Info:

- Julie King 208-4723
- Email registration/questions to krtaerum@telusplanet.net
- Finish line and volunteer marshals needed - contact Julie, thanks!

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
www.CalgaryRoadRunners.com

Confederation Park Cross-Country RELAY RACE

(Please pre-register by e-mail or post)



Three person X-C
Relay

Sunday
October 18, 2009
12 Noon Sharp!

Check it out
www.CalgaryRoadRunners.com