

## Edworthy 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)

(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 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)

# EDWORTHY PARK CROSS-COUNTRY RACE



Saturday  
November 7, 2009

The Fun Starts at  
At 12 Noon  
Sharp!

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

# Edworthy Park Cross-Country Race

## Date and Time:

Saturday, November 7, 2009  
11:45 am – 1 Km Kids Race  
12:00 pm – 4 Km Race  
12:00 pm – 8 Km Race

## Race Location:

The race is held at the top of the south entry road into Edworthy Park. Arriving from Bow Trail turn north on to 45 St., then turn west on to Spruce Drive, and then head three blocks west.

## Amenities:

The nearest amenity will be at the Wildwood Community Centre.  
(See Post Race Fun, Soup & Social.)

## 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*

## Registration:

Register race day between 10:45 & 11:30 am at the top of the south entrance road to Edworthy Park. Early registration appreciated so race starts 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:

Wildwood Community Centre  
4411 Spruce Drive SW  
*(Four blocks due east of race start)*

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:

A challenging two loop course of approximately 8 km in length that includes ups and downs, twists and turns, low slung bushes, mud, snow, ice and occasional off-leash pet. The 4 km race is one loop of the same. Trail conditions are determined by the weather prior to and on race day. Spikes are recommended.

We make every effort to ensure the course is properly flagged and monitored, however, deliberate removal or creative rearrangement of flags by other park users cannot be prevented altogether.

Don't assume that the person in front of you knows where they are going! If you watch for the flags while running and listen to the course marshals' instructions, staying on course won't be difficult.

Kids Race is a 1 km trail race, and will not include most of the above.

## Race Director Info:

- [Danny.Beaman08@gmail.com](mailto:Danny.Beaman08@gmail.com)
- Danny Beaman 463-4394
- The race director welcomes volunteers who can help direct runners on the course or assist at the finish line.

