

## Okotoks 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  3km  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 03-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 Big Rock Runners; the Strathcona Tweedsmuir School 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)

# Okotoks Cross Country Race

*Hosted by the Big Rock Runners and  
supported by the Calgary Roadrunners Club*



Saturday  
NOVEMBER 21, 2009

The Fun Starts at  
At 12 Noon  
Sharp!

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

19<sup>th</sup> annual

# Okotoks X-C Race

Hosted by the Big Rock Runners  
and supported by the Calgary  
Roadrunners Club

## Date and Time:

Saturday November 21, 2009  
11:45 am – 1 Km Kids Race  
12:00 pm – 4 Km Race  
12:00 pm – 8 Km Race

## Race Location:

Strathcona Tweedsmuir School

*NOTE: Post-race meal will be held at the  
Foothills Composite High School.*

## Amenities:

Prior to the race - washrooms at the STS.  
Following the race - facilities at FCHS.

## 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

*(Age category 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

For this event, make cheque payable to:

### **Big Rock Runners**

Pre-registration not required. If you wish  
to skip the line-up, mail entry & fee to:  
107 Suntree Place, Okotoks AB, T1S 1C4

## Registration:

Register race day between 10:45 &  
11:30 am at the Strathcona Tweedsmuir  
School, located about 7 km NW of  
Okotoks. For a map, follow this link:  
[http://www.sts.ab.ca/NETCOMMUN  
ITY/Page.aspx?&pid=224&srcid=192](http://www.sts.ab.ca/NETCOMMUNITY/Page.aspx?&pid=224&srcid=192).  
Please arrive early so that the race can  
start on time!

## Post Race Fun, Soup & Social:

At **Foothills Composite High School**  
Driving instructions will be provided at  
the race, or try Google Maps,  
<http://www.google.ca/maps> and enter,  
"Strathcona Tweedsmuir School to T1S  
2A7". Distance from STS to FCHS is  
roughly 10 km.

Hot soup, rolls and beverages will be  
served at FCHS. Please bring a dessert,  
plus a mug, bowl & spoon to reduce  
waste.

## Course Description:

The 4K is a great introduction for the  
X-C novice. Both 4K and 8K courses  
follow undulating trails through scenic  
wooded areas. The couple of hills on  
the course are run-able. Though not  
required to enjoy the run, spikes or yak-  
traks help improve footing.

## Race Director Info:

Wayne Gaudet 938-7946 (call before  
10 pm.)

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

