

## Silver Springs Cross-Country Entry Form

8 km, 3 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:	<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 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 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 on the Calgary Roadrunners Club web site.



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

# Silver Springs Cross-Country Race



Saturday  
DECEMBER 12, 2009

12 Noon  
Sharp!

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

# 23<sup>rd</sup> annual Silver Springs Cross-Country Race

## Date and Time:

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

## Race Location:

Register at the Silver Springs Community Centre 5720 Silver Ridge Dr. NW.

*Arriving from Crowchild Trail heading to the northwest: exit on the right at Silver Springs Gate/Sarcee Tr and turn left when you reach the Crowchild overpass. Follow Silver Springs Gate as it curves to the right and becomes Silver Ridge Drive. Proceed through stoplights and the hall is on your right.*

Race start is just above Waterfall Valley in Bowmont Park, about 2 blocks from the hall.

## Washrooms/Amenities:

Located at Silver Springs 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 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*

Pre-registration not required. If you wish to avoid the line-up, mail entry & fee to:

*252 Ranchridge Court NW  
Calgary, AB, T3G 1W5*

## Registration:

Register race day between 10:45 & 11:30 am at the Silver Springs Community Centre. Please arrive early so we can start the race on time!

In case of extremely cold weather, check the CRR website, or call the runner's hotline 228-0999 to find out if race has been cancelled.

## Post Race Fun, Soup & Social:

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

*Please help reduce the amount of waste we generate by bringing your own mug, bowl and spoon.*

## Course Description:

Kids Race course is about 1 km long on undulating trails. The Cross-Country route traverses hillsides, gullies and thickets. Snow, icy patches or mud may be encountered, depending on the weather prior to race day. Shoes with a good tread or spikes are recommended. The 3K Run follows the same trail as the first portion of the 8K race.

## Collection of gifts for shelter:

Each season, we recognize the efforts of our loyal kitchen volunteers by giving to a local charity. This year we're collecting gifts for seniors in the shelter at Kerby House and at the Drop-In Centre. Suggested items include candy, playing cards, shampoo, toothbrushes, and other toiletries. Donations are not mandatory, but very much appreciated.

## Race Director Info:

[krtaerum@telusplanet.net](mailto:krtaerum@telusplanet.net)

Kathy Taerum h:239-5690 w: 532-3692  
Please contact the race director if you are able to assist with finish line, kitchen or course marshalling.

