

## Nose Creek 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 03-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 on the Calgary Roadrunners Club web site.



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

# nose creek CROSS COUNTRY Race



Saturday  
JANUARY 9, 2010

12 Noon  
Sharp!

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

# 11<sup>th</sup> annual NOSE CREEK Cross-Country Race

## Date and Time:

Saturday January 9, 2010  
11:45 am – 1 Km Kids Race  
12:00 pm – 8 Km & 4 Km Race

## Race Location:

Start at West Nose Creek Park entrance at  
Beddington Trail & Beddington Blvd.  
*Parking lot fills quickly. Park on adjacent  
Bedford Drive to avoid being ticketed.*

## Washrooms/Amenities:

One privy near the start. Washrooms at  
the Beddington Community Hall, 375  
Bermuda Dr NW.

## 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:

*167 Country Hills Hgts NW  
Calgary, AB, T3K 5C6*

## Registration:

Register race day between 10:45 &  
11:30 am at the West Nose Creek  
parking lot. Please arrive early so we  
can start the race on time!

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

## Post Race Fun, Soup & Social:

Post race meal will be served in the  
main floor banquet room of the  
Beddington Community Hall 375  
Bermuda Dr. NW. Hot soup, rolls and  
beverages provided. Please bring a  
dessert to share with race participants.

*Please reduce waste by bringing your own mug,  
bowl and spoon.*

## Course Description:

Kids Race course is about 1 km long  
following trails with a few rolling hills.  
The Cross-Country route follows trails  
along the valley and hillsides in West  
Nose Creek Park. Snow or mud may  
be encountered and perhaps an icy  
creek crossing, depending on the  
weather prior to race day. Shoes with a  
good tread or spikes are recommended.

Organizers make every effort to ensure  
the course is properly flagged. Listen to  
the instructions at the start of the race,  
pay heed to the race marshals and keep  
your eyes on the flags. It's easy to get off  
course by following the runners ahead  
rather than watching the flags.

## Race Director Info:

[pinkchick@shaw.ca](mailto:pinkchick@shaw.ca)  
Dawn Henry 226-3076  
Please contact the race director if you can  
volunteer on race day.

