

Twelve Mile Coulee 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 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>
	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)

(Age categories apply only for the 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

TWELVE MILE COULEE CROSS-COUNTRY RACE



Saturday
JANUARY 23, 2010

*The Fun Starts at
At 12 Noon
Sharp!*

Post-race meal at the Tuscany Hall

Check it out
www.CalgaryRoadRunners.com

10th annual

Twelve Mile Coulee Cross-Country Race

Date and Time:

Saturday, January 23, 2010
11:45 am – 1 Km Kids Race
12:00 pm – 4 Km Race
12:00 pm – 8 Km Race

Race Location:

Park at the Tuscany Community Hall, 212 Tuscany Way NW. The race start is at the north end of the park on the south side Tuscany Blvd, a short walk from the hall parking lot.

Amenities:

At the Tuscany 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
Parent/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 skip the line-up, mail entry & fee to:
8328 – 43 Ave NW, Calgary AB, T3B 1X9

Registration:

Register race day between 10:45 & 11:30 am at the Tuscany Community Hall. Register early and arrive at the race start 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:

Tuscany Community Hall

212 Tuscany Way NW Hot soup, rolls and beverages will be served.

Please bring a dessert to share with race participants and help us reduce waste by bringing your own mug, bowl and spoon.

Course Description:

Race starts from the north end of Twelve Mile Coulee. Park near the Tuscany Hall and jog the short distance along Tuscany Blvd to the start. There is NO PARKING at the start/finish!

The races will run on the benchlands above and on trails in the coulee. The usual X-C hazards will be encountered, including icy patches. **Spikes or yak-traks are recommended** for the 8K and 4K run.

Race Director Info:

- magillh@shaw.ca
- Hugh Magill 286-6269
- Finish line and course volunteers always appreciated. Please contact the race director.

