

## Nose Hill 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 Hill CROSS-COUNTRY RACE



*Saturday*  
**FEBRUARY 6, 2010**

*The fun starts at  
12 noon sharp!*

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

# NOSE HILL Cross-Country Race

## Date and Time:

Saturday February 6, 2010  
11:45 am – 1 Km Kids Race  
12:00 pm – 8 Km & 4 Km Race

## Race Location:

Race starts a few blocks from the North Haven Community Hall at the tunnel under 14<sup>th</sup> St.  
The hall is located at 5003 North Haven Drive NW. (Intersection of 48<sup>th</sup> Ave. and North Haven Dr., one block west of where McKnight Blvd. turns into John Laurie Blvd.)

## Washrooms/Amenities:

At the North Haven Community 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

(Age category 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:  
Box 435, Water Valley AB, T0M 2E0

## Registration:

Register race day between 10:45 & 11:30 am at the North Haven 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 228-0999 to confirm if race is cancelled.

## Post Race Fun, Soup & Social:

Post race meal will be served at the North Haven Community Hall. Hot soup, rolls and beverages provided.

Please bring a dessert to share with race participants.

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

## Course Description:

Kids Race is about 1 km in distance. The 8 km course climbs to the top of Nose Hill and then follows undulating trails of picturesque Nose Hill Park before descending back to the start. The 4 km Fun Run will follow the same trail as the first portion of the 8 km race.

Depending on the weather prior to race day, the course may present hazards, such as exposed rocks, mud, snow, icy patches and hidden gopher holes. Spikes or shoes with a good tread are a must.

Listen to the instructions at the start of the race and pay heed to the race marshals. You'll succeed in staying on course by following the flags rather than the runners ahead.

## Race Director Info:

Jim & Terry Morris  
[winterstart@canada.com](mailto:winterstart@canada.com)  
C: 710-4662

Please contact the race directors if you are available to volunteer on race day. Thanks!

