

Twelve Mile Coulee XC 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

Entry Fee Enclosed:

| | |
|---------------------------|------|
| General entry | \$12 |
| Calgary Roadrunner member | \$8 |
| Full-time student | \$6 |
| Child 12 & under | \$0 |

(Please circle appropriate entry fee)

Kids 1 Km (check if registering a child)

4 Km (check if registering for 4 Km distance)

| 8 Km Category: | <u>Men</u> | <u>Women</u> |
|--|---|---|
| (Circle your gender & age category for 8K) | A under 18 B 18-29 C 30-39 D 40-49 E 50-59 F 60-69 G 70 plus | H under 18 I 18-29 J 30-39 K 40-49 L 50-59 M 60-69 N 70 plus |

Age as of **30-SEPT-2017**

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 2017-2018 Cross Country Grand Prix Series

This series of races takes runners through parks in a variety of locations in Calgary and in Okotoks. Courses are designed to heighten the experience of running on natural surfaces through interesting terrain and scenery.

The 8K/4K race is preceded by a children's 1Km fun run. Courses for the first 3 races of the season include more groomed grass and provide a good introduction to the XC novice runner.

All races are followed by social mixing, soup and desserts. Soup is provided, you bring the dessert.

| | | | |
|----------|-----------------------------|----------------------------|------------------|
| Sept. 30 | River Park XC | Derek Wilkinson | (403) - 271-2240 |
| Oct 15 | Confederation Park XC Relay | Kim Jones, Mike Kulawik | 618-8820 |
| Nov 4 | Okotoks XC | Deanna van Muyen | 690-7120 |
| Nov. 18 | Edworthy Park XC | Aleks Johnston | 477-7978 |
| Dec 9 | Silver Springs XC | Annamaria & Kevin Bliss | 390-6946 |
| Jan 13 | Nose Creek XC | Oleg Tabelev | 630-4521 |
| Jan 27 | 12 Mile Coulee XC | Kim Collier & Adam Schultz | 797-0505 |
| Feb 10 | Nose Hill XC | Trev Williams | 831-8738 |
| Feb 24 | Weaselhead XC | Alan Lam | 818-1284 |
| Mar 10 | Fish Creek XC | Karen Chugg | 278-1959 |
| Mar 24 | Awards Night Banquet | Derek Wilkinson | 271-2240 |

For more information about the XC Grand Prix Series, qualifying for age category and Iron Person awards, see the CRR website,



www.calgaryroadrunners.com/grand-prix-series-cross-country-races

Twelve Mile Coulee Cross Country Race



Saturday
January 27, 2018

Starts at 12 noon
Sharp!

Check it out
www.CalgaryRoadRunners.com

18th annual

Twelve Mile Coulee Cross Country Race

Date and Time:

Saturday, January 27, 2018

11:45 am 1 Km Kids' race

12:00 noon 4Km and 8Km races

Race Location:

Park and register at the Tuscany Community Hall, 212 Tuscany Way NW. The race start is a 10 minute walk from the hall, at the 12 Mile Coulee Park northeast corner parking lot, southwest side of Tuscany Blvd. ([Google map link](#))

Amenities:

At the Tuscany Hall.

EVENTS:

Children's 1K: ages 12 and under

4K Fun run: all ages

8K Race 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 September 30, 2017)

Entry Fees:

\$12 General entry

\$8 Calgary Roadrunner members

\$6 Full-time student

\$0 for Children 12 & Under

Parent/Guardian must sign waiver for child entered in the all races.

Cash or personal cheques accepted.

Make cheque payable to:

Calgary Roadrunners Club

CRR GST # 13200 2668 RT001

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 extreme weather, check the CRR home page for information updates. www.calgaryroadrunners.com

Post-Race 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 cleats are recommended for the 8K and 4K run.

Race Director Info:

adamandkim@gmail.com

(403) 797-0505

We couldn't put on the cross country series without the help of volunteers. Please contact the race directors if you can bring a soup, volunteer as a course marshal or hand out numbered sticks at the finish line.

