

Okotoks 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

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	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 as of **29-SEPT-2018**

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 Big Rock Runners; the Town of Okotoks 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 2018-2019 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 novice XC runner. All races are followed by social mixing, soup and desserts. Soup is provided, you bring the dessert.

			(403) -
Sept 29	River Park XC	Derek Wilkinson	271-2240
Oct 21	Confederation Park XC Relay	Kim Jones, Mike Kulawik	618-8820
Nov 03	Okotoks XC	Deanna Van Muyen	690-7120
Nov. 17	Edworthy Park XC	Aleks Johnston	477-7978
Dec 08	Silver Springs XC	Philippe Lagace & Isabelle Pageau	970-3202
Jan 12	Nose Creek XC	Oleg Tabelev	630-4521
Jan 26	12 Mile Coulee XC	Kim Collier & Adam Schultz	797-0505
Feb 09	Nose Hill XC	Trev Williams	831-8738
Feb 23	Weaselhead XC	Alan Lam	818-1284
Mar 09	Fish Creek XC	Karen Chugg	278-1959
Mar 23	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

Okotoks Cross Country Race

Hosted by the Big Rock Runners
and supported by the
Calgary Roadrunners Club



Saturday November 3, 2018

Starting location and post-race venue
Okotoks Recreation Complex
99 Okotoks Drive
Okotoks, AB

**Starts at 12 noon
Sharp!**

Adult Race preceded by Kids 1 km at
11:45 am

Check it out
www.CalgaryRoadRunners.com

29th annual

Okotoks XC Race

Hosted by the Big Rock Runners with support from the Calgary Roadrunners Club

Date and Time:

Saturday November 3, 2018

11:45 am – 1 Km Kids Race

12:00 noon – 4 and 8 Km Races

Race Location:

The cross-country running course starts behind the Okotoks Recreation Centre, 99 Okotoks Drive.

Amenities:

Washrooms at the Okotoks Rec Centre.

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 age as of September 29, 2018)

Entry Fees:

\$12 General entry

\$8 Calgary Roadrunner members

\$6 Full-time student

\$0 for Children 12 & Under

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

Cash or personal cheques accepted.

For this event, make cheque payable to,

Big Rock Runners

Pre-registration is not required.

Registration:

Register race day between 10:45 & 11:30 am in the front foyer of the Okotoks Recreation Centre, through the doors at the south end of the building.

Post Race Soup & Social:

Conveniently located in the concession area of the **Okotoks Recreation Centre, 99 Okotoks Drive**

Hot soup, rolls and beverages will be served. Don't forget to bring a **dessert** and your **mug, bowl & spoon**. Thanks for minimizing the amount of waste produced at our races.

Course Description:

Both 4K and 8K courses follow undulating trails through scenic areas in Okotoks. Though not required to enjoy the run, spiked runners or pull-on cleats will help improve footing in case of icy or snowy conditions.

Race Director Info:

Deanna Van Muyen (403) 690-7120
(before 10 pm.)

deannavanmuyen@hotmail.com

In case of extremely cold weather, check the CRR home page for information updates.

www.calgaryroadrunners.com

