

## River Park 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 in Kids 1km \$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: **Men** **Women**  
(Circle your **A** under 18 **H** under 18  
gender & age **B** 18-29 **I** 18-29  
category for 8K) **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 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 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 XC novice runner. All races are followed by social mixing, soup and desserts. Soup is provided, you bring the dessert.

Sept 29	River Park XC	Derek Wilkinson	(403) - 271-2240
Oct 21	Confederation Park XC Relay	Kim Jones, Mike Kulawik	618-8820
Nov 3	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 9	Nose Hill XC	Trev Williams	831-8738
Feb 23	Weaselhead XC	Alan Lam	818-1284
Mar 9	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](http://www.calgaryroadrunners.com/grand-prix-series-cross-country-races)

# River Park Classic Cross Country Race

First race in the 2018-2019  
XC Grand Prix season

First qualifying race for Iron Person  
candidates



Saturday  
September 29, 2018

Starts at 12 noon  
Sharp!

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

# River Park Classic Cross Country Race

## Date and Time:

Saturday, September 29, 2018

11:45 am – 1 Km Kids Race

12:00 noon – 4 and 8 Km Races

## Race Location:

Race start is adjacent to the Sandy Beach picnic area. From Crowchild Trail, turn east onto 50th Ave. which will take you to the park entrance at 14A St. SW. Head down the hill to the parking lot next to the Elbow River.

## Amenities:

Public washrooms at the picnic site will be open.

## 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 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.

Make cheque payable to:

*Calgary Roadrunners Club*

CRR GST # 13200 2668 RT001

## Registration:

Register race day from 10:45 to 11:30 am at the parking lot near Sandy Beach. Parking is limited – carpool with a friend. Please arrive early so that the race starts on time!

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

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

## Post-Race Tucker & Social:

South Calgary Community Hall

3130 16th Street SW

*(2.2 km north of the race start. North on 15th St to 34 Ave; west one block and then north 4 blocks on 16th St.)*

Soup rolls and beverages are included with race entry. Please bring a **dessert** to share and bring your own **mug, bowl** and **spoon** to reduce waste.

## Course Description:

The unique River Park course takes runners up and down the escarpment on both sides of the Elbow River and twice across the river on the new footbridge since a new fence on the east side precludes the historic river crossing we used to do. Thus, it's no longer mandatory to bring an extra pair of shoes and a complete change of clothing to put on after the race.

The river bed is rocky, but the rest of the course is on grass or dirt trails.

Kids Race will be about 1 km long and will not include any river crossings.

## Race Director Info:

Derek Wilkinson (403) 271-2240

[derekwilkinson@shaw.ca](mailto:derekwilkinson@shaw.ca)

Please call if you are able to bring a pot of soup, help out as a course marshal or hand out numbered sticks at the finish line. This is a great race for both runners and spectators.

