

Silver Springs 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 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 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.

			(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,

Check it out
www.CalgaryRoadRunners.com

Silver Springs Cross Country Race



Saturday
December 8, 2018

*Starts at 12 noon
Sharp!*

Adult race preceded by Kids 1
km race at 11:45 am.

31st annual *Silver Springs*
Cross Country Race

Date and Time:

Saturday, December 8, 2018

11:45 am – 1 Km Kids Race

12:00 noon – 4 and 8 Km Races

Race Location:

Register at the Silver Springs Community Centre, 5720 Silver Ridge Dr. NW.

From Crowchild Trail heading northwest: exit on the right at Silver Springs Gate/Sarcee Trail and turn left at the overpass. Follow Silver Springs Gate as it curves to the right and becomes Silver Ridge Drive. Proceed through stoplights and the hall is on your right.

Race start is about 2 blocks from the hall.

Washrooms/Amenities:

Located at Silver Springs 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 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 between 10:45 & 11:30 am at the Silver Springs hall. Please arrive early so that we can get the Kids' and adult races underway on time!

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

Post-Race Treats & Social:

Silver Springs Community Centre,
5720 Silver Ridge Dr. NW

Hot soup, rolls and beverages will be served. Please bring a dessert to share with race participants.

To reduce waste, please bring your own **mug**, **bowl** and **spoon**. Thanks for minimizing the amount of waste produced at our races!

Course Description:

Kids Race course is about 1 km long on undulating trails.

The Cross-Country route traverses hillsides, gullies and thickets. Snow, icy patches or mud may be encountered, depending on the weather prior to race day. Shoes with a good tread or spikes are recommended.

The 3K Run follows the same trail as the first portion of the 8K race

Race Director Info:

Philippe Lagace & Isabelle Pageau

Phone: (403) 970-3202

Email: Philippe.lagace@shaw.ca

Please call or email if you are able to bring a pot of soup, lend a hand with registration, hand out numbered sticks at the finish line or act as a course marshal.

