

## 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

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)	<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

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,



[www.calgaryroadrunners.com/grand-prix-series-cross-country-races](http://www.calgaryroadrunners.com/grand-prix-series-cross-country-races)

## 34<sup>th</sup> annual Nose Hill Cross Country Race



Saturday  
February 9, 2019

*Starts at 12 noon  
sharp!*

*Kids Race at 11:45 am*

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

# 34<sup>th</sup> annual Nose Hill Cross Country Race

## Date and Time:

Saturday February 9, 2019

11:45 am – 1 Km Kids Race

12:00 noon – 4 and 8 Km Races

## Race Start and Hall locations

Race registration at the race start.  
Brisebois Dr. & John Laurie Blvd entrance  
to Nose Hill Park. Very limited parking  
should be used only by race volunteers.  
Please park vehicles on nearby Brisebois  
Dr. or 52<sup>nd</sup> Ave. Walk to the race start via  
the pedestrian bridge spanning John  
Laurie Blvd at Brisebois Dr. Allow other  
park users to avail themselves of parking.  
[Google map link](#)

## Washrooms/Amenities:

At the Triwood Community Hall,  
2244 Chicoutimi Drive NW

## 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 on race day at the start 10:45  
& 11:30 am at the Nose Hill Park  
Brisebois parking lot. Please arrive early  
so we can start the race on time!

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

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

## Post-Race Soup & Social:

Post race meal will be served at the  
Triwood Hall, 2244 Chicoutimi Dr NW.  
Hot soup, rolls and beverages  
provided.

Please bring a dessert to share with  
race participants and bring your own  
mug, bowl & spoon to help us reduce  
waste.

## 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.

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.

Portable music players can impair your  
ability to hear the voice of an overtaking  
runner or instructions from the course  
marshals.

## Race Director Info:

Trev Williams (403) 831-8738

Email: [trev@thedoctrine.ca](mailto:trev@thedoctrine.ca)

We couldn't put on this race without  
volunteers. Please contact the race  
director if you can make a soup, hand  
out numbered sticks at the finish or  
volunteer as a course marshal. Thanks!

