

## Weaselhead 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:

Men

Women

(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)

# Weaselhead Cross Country Race



Saturday  
February 23, 2019

Registration and post-race meal  
at Palliser-Bayview-Pump Hill  
Community Hall, 2323 Palliser  
Drive SW

Starts at 12 noon  
Sharp!

Kids 1 km race at 11:45

Check it out  
[www.CalgaryRoadRunners.com](http://www.CalgaryRoadRunners.com)

31<sup>st</sup> annual **Weaselhead  
Cross Country Race**

**Date and Time:**

Saturday February 23, 2019

11:45 am – 1 Km Kids Race

12:00 noon – 4 and 8 Km Races

**Race Location:**

Start/finish in South Glenmore Park. From 90<sup>th</sup> Ave SW, enter South Glenmore Park at 24<sup>th</sup> St SW. Take the first left and park your vehicle at the north end of the parking lot.

**Amenities:**

Washrooms are available at the Palliser-Bayview-Pump Hill Community Hall, 2323 Palliser Drive SW.

**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 Palliser-Bayview-Pump Hill Community Hall. Arrive early so that everyone can get registered and gather at the race start 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:**

At the Palliser-Bayview-Pump Hill Community Hall  
2323 Palliser Drive SW.

Soup, rolls and beverages will be served. Please bring a **dessert** to share with race participants and bring your own **mug**, **bowl** and **spoon** to help us reduce waste.

**Course Description:**

The course starts in South Glenmore Park and descends onto the Jack Rabbit Trail. The course is scenic, hilly, forested and offers views of the Glenmore Reservoir and Weaselhead flats.

The distances will be approximately 4 and 8 km with the usual cross country hazards (patches of ice, mud or deep snow and protruding tree roots). Spikes or cleats are recommended for traction on icy sections.

**Race Director info:**

alan\_laminator@yahoo.com

**Alan Lam (403) 818-1284**

Volunteers contribute to the success of the XC series. Please contact the race director if you can help as a course marshal or with handing out numbered sticks at the finish line.

Iron Persons: you may volunteer in lieu of running one race per season.

