

Fish Creek Cross Country Entry Form

8 Km, 4 Km, and Kids' 1 Km Race
(One entry per form)

Last Name: _____

First Name: _____ M F

Do you qualify as an IRON PERSON this season?

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.

Sept 29	River Park XC	Derek Wilkinson	(403) - 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,



Fish Creek Cross Country Race

*Final race of the 2018-2019 XC
Grand Prix Season*



*Saturday
MARCH 9, 2019*

**Starts at 12 noon
Sharp!**

Kids Race at 11:45 am

Check it out:
www.calgaryroadrunners.com

28th annual Fish Creek Cross Country Race

Date and Time:

Saturday March 9, 2019

11:45 am – 1 Km Kids Race

12:00 noon – 4 and 8 Km Races

Race Location:

Enter Fish Creek Park from Bow Bottom Trail SE. Turn left and park in the **Hull's Wood** day use area. (If you head south past the Sikome sign, you've gone too far.) [Link](#) to map

Amenities:

Washrooms are open year-round at Hulls Wood Day Use Area.

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 Hulls Wood parking lot in Fish Creek Park. Register early so that the race can start on time!

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

Post-Race Soup & Social:

Deer Run Community Centre,
2223 146 Ave SE (From Hull Woods parking lot, take Bow Bottom Tr. north and turn east onto 146 Ave.)

Hot soup, rolls and beverages will be served. Please bring your favourite **dessert** to share with other participants and volunteers.

Help reduce the amount of plastic waste we generate by bringing your own **mug, bowl** and **spoon**.

Course Description:

Race starts at parking lot and winds around Fish Creek Park. Classic cross country hazards will be encountered (mud, snow, ice, water crossings, steep hills, uneven footing with possible gopher holes.) Shoes with a good tread are recommended - and spikes or cleats if you have them.

4K will include most of the above.

Kids run will be about 1 km long and will not include most of the above.

Race Director Info:

Karen Chugg (403) 278-1959
kchugg@telusplanet.net

We couldn't put on the XC races without the help of volunteers. Please contact the race director if you can bring a pot of soup, help as a course marshal or hand out numbered sticks at the finish line. Thank you!

