

Nose Creek 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	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 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

21ST ANNUAL

Nose Creek Cross Country Race



Saturday
JANUARY 12, 2019

Starts at 12 Noon
Sharp!

Kids 1 km @ 11:45

96th Ave. NE/Harvest Hills Link NE

Check it out
www.CalgaryRoadRunners.com

21st annual **Nose Creek Cross Country Race**

Date and Time:

Saturday January 12, 2019

11:45 am – 1 Km Kids Race

12:00 pm – 8 Km & 4 Km Race

Race Location:

Registration and race start at the north end of West Nose Creek Park. Parking lot is on the south side of 96th Ave. NE opposite Harvest Hills Link NE.

(Google map [link](#).)

Washrooms/Amenities:

Washrooms at the 88 Panamount Hill NW (from 12:00 pm and onward.)

Children's 1K: ages 12 and under

4K Fun run: all ages

8K 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

Register race day from 10:45 to 11:30 am at the parking lot just off 96th Ave NE.

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

Post Race Soup & Social:

Post race meal will be served at the Panorama Hills Community Center,

88 Panamount Hill NW.

Google map [directions](#) from race location.

Hot soup, rolls and beverages provided. Please bring a **dessert** and a **mug, bowl and spoon**. Help us reduce plastic waste!

Course Description:

Kids Race course is about 1 km long following trails with a few rolling hills. The Cross-Country route follows trails above and in the valley of West Nose Creek.

Depending on the weather prior to the race, snow or mud may be encountered and perhaps an icy creek crossing. Shoes with a good tread, cleats or spikes are recommended.

Race Director Info:

Oleg Tabelev (403) 630-4521

Email: oleg.tabelev@gmail.com

The XC series wouldn't be a success without our volunteers. Please contact the race director to offer to hand out numbered sticks at the finish line or to volunteer as a course marshal. Iron Person candidates may substitute one volunteer stint in either of these roles in lieu of running one race.

If you are running the race, let Oleg know if you are able to bring a pot of soup.

