

Confederation Park XC Relay Entry Form

3 x 4 km Relay, and Kids 1 km Race

(Complete one form per team with signatures of all 3 runners.)

Team Name: _____

Team Category: _____

(Indicate Major- and sub-category, e.g. "MASTERS Mixed")

OPEN: (runners of any age)

Male / Female / Mixed (at least 1 female)

/ Family (all runners related)

MASTERS: (all runners 40 yrs or older)

Male / Female / Mixed

YOUTH: (all runners 17 yrs or younger)

Male / Female / Mixed

SCHOOL/CLUB: (all runners 17 yrs or younger and Team Name must include name of school)

Male / Female / Mixed

(Age category as of 28-SEPT-2019)

Runner #1 Name: _____

Gender M F Age 17&under 18-39 40+

CRR Member: Yes No

Runner #2 Name: _____

Gender M F Age 17&under 18-39 40+

CRR Member: Yes No

Runner #3 Name: _____

Gender M F Age 17&under 18-39 40+

CRR Member: Yes No

Team Entry Fee: \$ _____

Team entry fee is total for all three runners, based on:

General entry (per runner)	\$12
Calgary Roadrunner member	\$8
Full-time Student	\$6

Child's name: _____

1 KM KIDS RUN: (12 & under)

Check if entry is for children's race

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)

SIGNATURE DATE
(OR PARENT/GUARDIAN FOR ENTRANTS UNDER 18)

SIGNATURE DATE
(OR PARENT/GUARDIAN FOR ENTRANTS UNDER 18)

Register by E-Mail now. Hand in signed waiver & fee on race day. Confirmation of registration will be sent by email reply.

Include in your E-Mail entry:

Team Name & Category,
Team Fee amount due,
Name, Gender, Age and Member/Non-CRR-member status for each runner.

No e-mail attachments, thanks.

Singles are welcome to register on-line. We'll match you with a team.

[Send entry to kim.jones@me.com](mailto:kim.jones@me.com)

Confederation Park XC Relay Race

Date and Time:

Sunday October 20, 2019

11:45 am 1 Km Kids Race

12:00 noon 3 x 4 km Relay Race

Race Location:

Race start in Confederation Park next to Rosemont Hall 2807 10th St. NW.

Course Description:

The relay is a 3-person 4 km figure-eight course on groomed grass, with a shallow creek crossing. Each team member runs the same route. Bring dry shoes & socks to put on after the race. Kids' 1 km course is on groomed grass.

Amenities:

Washrooms upstairs & downstairs in the Rosemont Community Hall.

Entry Fees:

\$12 General entry

\$8 Calgary Roadrunner members

\$6 Full-time student

\$0 for Kids Children 12 & Under

Parent/Guardian must sign waiver for child entered in the all races.

Pay by cash or cheque payable to:

Calgary Roadrunners Club

Registration:

MAX 100 Teams! Please pre-Register by email and include in text of the message,

Team Name & Category,
Team Fee amount due,
Name, Gender, Age and Member/Non-CRR-member status for each runner.
<mailto:kim.jones@me.com>

Race Number Pickup:

Race number pickup starts at 10:00 am at the Rosemont Hall. Check list posted outside the hall to find your team #. Please be prepared to have one team member present the signed waiver form, pay the team entry fee and pick up all race numbers for your team(s) Receipts will be provided on request. Team number pickup and 1K registration will close at 11:30 am in order to start the race on time! Bring safety pins.

Post-Race Soup and Social:

Rosemont Hall 2807 10th St. NW.
Hot soup, rolls and beverages will be served. All runners are requested to **bring a dessert (cookies, squares, muffins, etc.)** to share with race participants. Bring a **mug, bowl** and **spoon** to reduce the amount of waste.

Race Director Info:

Kim Jones kim.jones@me.com
(403) 618-8820
Volunteers are needed to help at the finish line and directing runners on the course. A huge thank you to our volunteers who make this event a success.

Calgary Roadrunners 2019-2020 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 28	River Park XC	Derek Wilkinson	271-2240
Oct 20	Confederation Park XC Relay	Kim Jones, Mike Kulawik	618-8820
Nov 12	Okotoks XC	Deanna van Muyen	690-7120
Nov. 16	Edworthy Park XC	Aleks Johnston	477-7978
Dec 14	Silver Springs XC	Philippe Lagace & Isabelle Pageau	970-3202
Jan 11	Nose Creek XC	Oleg Tabelev	630-4521
Jan 25	12 Mile Coulee XC	Kim Collier & Adam Schultz	797-0505
Feb 08	Nose Hill XC	Trev Williams	831-8738
Feb 22	Weaselhead XC	Alan Lam	818-1284
Mar 07	Fish Creek XC	Karen Chugg	278-1959
Mar 21	Awards Night Banquet	Derek Wilkinson	271-2240

Learn more about the Grand Prix series and qualification for age category and Iron Person awards at,



www.calgaryroadrunners.com/grand-prix-series-cross-country-races

Confederation Park 3-person Cross Country Relay Race (Pre-register by e-mail)



Sunday October 20, 2019 Starts at 12 noon, sharp!

Relay preceded by Kids 1K at 11:45 am

Check it out
www.CalgaryRoadRunners.com