

Special COVID-19 Race Rules

- Limit of 100 people per race includes volunteers! Register early.
- Volunteers must wear masks at all times.
- Runners must wear masks before and after race but are not required to wear it during the race.
- Staggered starts will have 3 runners start each 15 seconds, responsible to remain 2 meters apart at all times.
- Race start will be pre-seeded by Race Director Friday night. Fastest runners will start in the first waves. Runners will be informed of their start position by email prior to race morning.
- Spectators will not be allowed within 10 meters of the Start/Finish Line to maintain social distancing.

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

Calgary Roadrunners 2020-2021 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.

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Oct 03	River Park XC	Derek Wilkinson	271-2240
Oct 18	Confederation Park XC Relay	Kim Jones, Mike Kulawik	618-8820
Nov 07	Okotoks XC	Deanna van Muyen	690-7120
Nov 21	Edworthy Park XC	Aleks Johnston	477-7978
Dec 12	Silver Springs XC	Philippe Lagace & Isabelle Pageau	970-3202
Jan 09	Nose Creek XC	Oleg Tabelev	630-4521
Jan 23	12 Mile Coulee XC	Evan Bayer	993-8696
Feb 06	Nose Hill XC	Trev Williams	831-8738
Feb 20	Weaselhead XC	Alan Lam	818-1284
Mar 06	Fish Creek XC	Karen Chugg	278-1959
Mar 20	Awards Night Banquet	Derek Wilkinson	271-2240

River Park Classic Cross Country Race

*First race in the 2020-2021
XC Grand Prix season*

*First qualifying race for Iron Person
candidates*



**Saturday
October 03, 2020**

***Starts at 12 noon
Sharp!***

www.CalgaryRoadRunners.com

River Park Classic Cross Country Race

Date and Time:

Saturday, October 03, 2020

11:45 am – 1 Km Kids Race

12:00 noon – 4 and 8 Km Races

Race Location:

Race start is adjacent to the Sandy Beach picnic area. From Crowchild Trail, turn east onto 50th Ave. which will take you to the park entrance at 14A St. SW. Head down the hill to the parking lot next to the Elbow River.

Amenities:

Public washrooms at the picnic site will be open.

EVENTS:

Children's 1K: ages 12 and under

4K Fun run: all ages

8K Race categories:

8 km Men		8 km Women	
Y	under 13	X	under 13
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	70-79	N	70-79
P	80 plus	O	80 plus

(Age category applies for the 8 km race and is determined by your age on October 03, 2020)

Entry Fees:

\$10 General entry

\$6 Calgary Roadrunner members

\$4 Full-time student age 13+

\$0 for Children 12 & Under

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

On-line registration only via Credit Card.

Registration Dead-line: Oct 2nd at 5 pm!!

There will be **no site registration.**

Parking is limited – carpool with a friend. Please arrive early as the race will start on time! Be prepared to park on 14a Street at 50th Ave and walk down the hill to the start line.

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

Post-Race Tucker & Social: CANCELLED

Due to COVID-19, there will be no post race social or lunch. Pottery awards from last season will be presented to Age Group and Iron Person recipients at a brief socially distanced, low key, post race ceremony. All runners will be encouraged to depart the area following this ceremony as this is a high use area for the general public .

Course Description:

The unique River Park course takes runners up and down the escarpment on both sides of the Elbow River at Sandy Beach and twice across the river on the new footbridge since a new fence on the east side precludes the historic river crossing we used to do. Thus, it is no longer mandatory to bring an extra pair of shoes and a complete change of clothing to put on after the race.

The riverbed is rocky, but the rest of the course is on grass or dirt trails.

Kids Race will be about 1 km long and will not include any river crossings.

Race Director Info:

Derek Wilkinson (403) 271-2240
derekwilkinson@shaw.ca

Please call if you can help out as a course marshal or hand out numbered tokens at the finish line. This is a great race for both runners and spectators.

