

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 30 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/xc-grand-prix-series/

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	Nose Creek XC	Oleg Tabelev	630-4521
Nov. 21	Edworthy Park XC	Aleks Johnston	477-7978
Dec 12	Silver Springs XC	Philippe Lagace & Isabelle Pageau	970-3202
Jan 08	TBD		
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

23RD ANNUAL Nose Creek Cross Country Race



**Saturday
November 7, 2020**

**Starts at 12 Noon
Sharp!**

Check it out
www.CalgaryRoadRunners.com

23rd annual **Nose Creek Cross Country Race**

Date and Time:

Saturday November 07, 2020

11:45 am – 1 Km Kids Race

12:00 pm – 8 Km & 4 Km Race

Race Location:

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

(Google map [link](#).)

Washrooms/Amenities:

No washrooms at the race start.

Children's 1K: ages 12 and under

4K Fun run: all ages

8K 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

\$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: Nov 6th at 5 pm!!

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:

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

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

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

