

## 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

Race Event: \_\_\_\_\_  8km  4km  1km

### Entry Fee Enclosed:

Kids 1 km race	\$0
Student Runner	\$5
Calgary Road Runner	\$7
All Other Participants	\$10

(Please circle appropriate entry fee)

8 Km Category:	<u>Men</u>	<u>Women</u>
	<b>A</b> under 18	<b>H</b> under 18
	<b>B</b> 18-29	<b>I</b> 18-29
	<b>C</b> 30-39	<b>J</b> 30-39
	<b>D</b> 40-49	<b>K</b> 40-49
	<b>E</b> 50-59	<b>L</b> 50-59
	<b>F</b> 60-69	<b>M</b> 60-69
	<b>G</b> 70 plus	<b>N</b> 70 plus

(Please circle appropriate category, age as of 01-OCT-2011)

(Age categories apply only for 8km 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)

## Calgary Roadrunners 2011-2012 Cross Country Grand Prix Series

This series combines the essential ingredients of real running: varied terrain, natural surfaces and plenty of food. Each race is preceded by a kid's 1km race. The October races, River Park and the Confederation Relay are shorter, forming an excellent introduction to X-C racing for the novice. All races are followed by social mixing, soup and desserts. The soup is provided, you bring the dessert.

			(403)-
Oct 1	River Park Classic	Derek Wilkinson	271-2240
Oct 16	Confederation Park Relay	Phil Ukrainetz & Ryan Rawlyk	585-1002
Nov 5	Edworthy Park	Danny Beaman	919-1719
Dec 3	Okotoks	Shelly Vold	938-2699
Dec 17	Silver Springs	TBA	
Jan 14	Nose Creek	Dawn Henry	226-3076
Jan 28	12 Mile Coulee	Hugh Magill	286-6269
Feb 11	Nose Hill	Trev Williams	831-8738
Feb 25	Weaselhead	Alan Lam	818-1284
Mar 10	Fish Creek	Karen Chugg	278-1959
Mar 24	Awards Night Pot Luck	Kathy Taerum Derek Wilkinson	239-5690 271-2240

Race results will be posted on the CRR web site.



[www.CalgaryRoadRunners.com](http://www.CalgaryRoadRunners.com)

# Nose Creek Cross Country Race



Saturday  
JANUARY 14, 2012

12 Noon  
Sharp!

**Note start location and  
post-race venue!**

Check it out  
[www.CalgaryRoadRunners.com](http://www.CalgaryRoadRunners.com)

# 14<sup>th</sup> annual Nose Creek Cross-Country Race

## Date and Time:

Saturday January 14, 2012  
11:45 am – 1 Km Kids Race  
12:00 pm – 8 Km & 4 Km Race

## Race Location:

*START LOCATOPN* at the north end of West Nose Creek Park.

Follow Harvest Hills Blvd NE from Country Hills Blvd or from Beddington Trail and turn east on 96<sup>th</sup> Ave. Parking lot is at the end of 96<sup>th</sup> Ave NE.

*If lot is full, please park at the curb in the adjacent neighbourhood to avoid being ticketed.*

## Washrooms/Amenities:

None at the start. Washrooms at the Sandstone Valley Ecumenical Centre **1100 Berkshire Blvd.** (North entrance)

## 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

*(Category only applies for the 8 km race and is determined by your age on Oct. 1, 2011)*

## Entry Fees:

- \$0 for Kids in the 1km Race  
Parents/Guardian must sign waiver for Kids in the 1 Km Race.
- \$5 for Students
- \$7 for Calgary Roadrunner members
- \$10 for all other runners

Make cheque payable to:

*Calgary Roadrunners Club*

CRR GST # 13200 2668 RT001

## Registration:

Register race day between 10:45 & 11:30 am at the West Nose Creek parking lot. Please arrive early so we can start the race on time!

*Visit the CRR home page for updated information and in case of cancellation due to extremely cold weather.*

[www.calgaryroadrunners.com](http://www.calgaryroadrunners.com)

## Post Race Fun, Soup & Social:

Post race meal will be served at the Sandstone Valley Ecumenical Centre. Go to the ***NORTH Entrance, 1100 Berkshire Blvd NW.***  
Hot soup, rolls and beverages provided.

Please bring a ***dessert*** to share with race participants.

*Bring your own mug, bowl and spoon to reduce waste.*

## Course Description:

Kids Race course is about 1 km long following trails with a few rolling hills. The Cross-Country route follows trails along the valley and hillsides in West Nose Creek Park. Snow or mud may be encountered and perhaps an icy creek crossing, depending on the weather prior to race day. Shoes with a good tread or spikes are recommended.

Organizers make every effort to ensure the course is properly flagged. Listen to the instructions at the start of the race, pay heed to the race marshals and keep your eyes on the flags. It's easy to get off course by following the runners ahead rather than watching the flags.

## Race Director Info:

[pinkchick@shaw.ca](mailto:pinkchick@shaw.ca)

Dawn Henry (403) 226-3076

The race director would be delighted to be contacted by volunteers who can help with course marshalling or at the finish line.

