

## Confederation Park XC Relay Entry Form

3 x 3 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 29-SEPT-2018)

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)	<b>\$12</b>
Calgary Roadrunner member	<b>\$8</b>
Full-time Student	<b>\$6</b>

Child's name:

**1 KM KIDS RUN:** (12 & under - FREE)

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)

# Confederation Park XC Relay Race

### Date and Time:

Sunday October 29, 2023

11:45 am 1 Km Kids Race

12:00 noon 3 x 3 km Relay Race **Race**

### Location:

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

### Course Description:

The relay is a 3-person 3 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 children entered in all races.*

Pay online, or by cash or cheque payable to:  
*Calgary Roadrunners Club*

### Registration:

Online at ZONE4 **MAX 100 Teams!**

### Race Number Pickup:

Race number pickup starts at 11:00 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 and pick up all race numbers for your team(s) Team number pickup 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:

Matt Jones

[crr\\_xc@calgaryroadrunners.com](mailto:crr_xc@calgaryroadrunners.com)

587 574-6626

Volunteers are needed to help at the finish line and direct runners on the course. A huge thank you to our volunteers who make this event a success.

## Calgary Roadrunners 2023-2024 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 by volunteers, you bring the dessert.

Oct 14	River Park XC	Derek Wilkinson	403 271-2240
Oct 29	Confederation Park XC Relay	Matt Jones	587 574-6626
Nov 18	Okotoks XC	Jeremy Neufeld	403 690-7120
Dec 2	Edworthy Park XC	Philippe Lagace & Isabelle Pageau	403 970-3202
Dec 16	Silver Springs XC	Annamaria & Kevin Bliss	825 437-4768
Jan 13	Nose Creek XC	Oleg Tabelev	403 630-4521
Jan 27	12 Mile Coulee XC	Agatha & Evan Bayer	403 993-8696
Feb 10	Nose Hill XC	Trev Williams	403 831-8738
Feb 24	Weaselhead XC	Alan Lam	403 818-1284
Mar 09	Fish Creek XC	Karen Chugg	403 278-1959
Mar 23	Awards Night Banquet	Derek Wilkinson	403 271-2240



<https://calgaryroadrunners.com/xc-grand-prix-series/>

# Confederation Park 3-person Cross Country Relay Race

(Register online)



Sunday  
October 29, 2023  
Starts at noon

Relay preceded by Kids 1K at 11:45 am

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