

## 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 07-SEP-2024)

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 - 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)

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

# Confederation Park XC Relay Race

### Date and Time:

Sunday November 3, 2024

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*

### Pre-Registration:

Online at [CRR Confed Park webpage](#)

### 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 bring cash payment 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:

Marion Owen & Marsha Fehr

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

403-874-5098

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 2024-2025 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.

|        |                             |                                   |              |
|--------|-----------------------------|-----------------------------------|--------------|
| Sep 07 | River Park XC               | Marie Tessier                     |              |
| Ocr 19 | Okotoks XC                  | Jeremy Neufeld                    | 403 690-7120 |
| Nov 3  | Confederation Park XC Relay | Marion Owen & Marsha Fehr         |              |
| Nov 23 | Edworthy Park XC            | Philippe Lagace & Isabelle Pageau | 403 970-3202 |
| Dec 14 | Silver Springs XC           | Bridget Linder                    |              |
| Jan 11 | Nose Creek XC               | Oleg Tabelev                      | 403 630-4521 |
| Jan 25 | 12 Mile Coulee XC           | Annamaria & Kevin Bliss           | 825 437-4768 |
| Feb 08 | Nose Hill XC                | Trev Williams                     | 403 831-8738 |
| Feb 22 | Weaselhead XC               | Alan Lam                          | 403 818-1284 |
| Mar 08 | Fish Creek XC               | Karen Chugg                       | 403 278-1959 |
| Mar 23 | Awards Night Banquet        | Brenda Dryer                      |              |



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

# Confederation Park 3-person Cross Country Relay Race

(Register online)



Sunday  
November 3, 2024  
Starts at noon

Relay preceded by Kids 1K at 11:45 am

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