

# THE 2014 WATERLOO RUNNING SERIES – MARK YOUR CALENDAR!

<b>February 23</b> <i>A Frosty Favourite</i>  <b>17th Annual "Re-Fridgee-Eighter"</b> 8 KM or 8 Mile Run & 3 KM Fun Run RIM Park Waterloo, Ontario <i>Keep pace with your 'runny nose'</i> Supporting:	<b>April 12 &amp; 26</b> <i>Can you ENDURE it?</i>  <b>12th Annual ENDURrace</b> 5 KM & 8 KM Running Series & 2.5 KM Fun Runs Lions Hall Elmira, Ontario <i>Two times the fun</i> Supporting:	<b>May 10</b> <i>Ring the Bell</i>  <b>1st Annual Baden Road Races</b> 7 Mile, 5 KM & 1 KM & 200m Kids Run Wilmot Recreation Complex Baden, Ontario <i>Conquer the Tower Hill</i> Supporting:	<b>May 31</b> <i>Spring in to Colour</i>  <b>2nd Annual In Running Colour</b> 4 KM & 1 KM Fun Run Columbia Lake Waterloo, Ontario <i>The most colourful run of the Spring</i> Supporting:	<b>June 15</b> <i>Fun In The Sun</i>  <b>37th Annual Waterloo Classic</b> Road Races 10 KM, 5 KM & 3 KM Run University Stadium Waterloo, Ontario <i>It runs in the family</i> Supporting:	<b>July 6</b> <i>Fun In The Mud</i>  <b>5th Annual Dirty Dash</b> 8 KM, 4 KM & 1 KM Kids Run Bechtel Park Waterloo, Ontario <i>We hope it rains</i> Supporting:	<b>July 13</b> <i>Extreme Team Challenge!</i>  <b>1st Annual Extreme Dirty Dash</b> 6 KM Bechtel Park Waterloo, Ontario <i>We hope it pours</i> Supporting:
<b>August 10 - 17</b> <i>The Ultimate Challenge</i>  <b>12th Annual ENDURrun International</b> 160 KM 8 Days, 7 Stages, 160 KM, 1 Tough Runner Waterloo Region, Ontario <i>The 'Tour de France' of Running</i> Supporting:	<b>September 13</b> <i>Travel the Gravel</i>  <b>1st Annual Harvest Half Marathon</b> Quarter Marathon & Half Mile Kids Run St. Clements Community Centre St. Clements, Ontario <i>The Kenyan Way</i> Supporting:	<b>September 28</b> <i>'Round' up Friends</i>  <b>7th Annual Laurier Loop</b> 10 KM, 5 KM, 2.5 KM & Relay Road Races University Stadium Waterloo, Ontario <i>Run with the Hawks</i> Supporting:	<b>October 19</b> <i>A Fall Classic</i>  <b>18th Annual Oktoberfest Run</b> 10 KM, 5 KM & 200m Kids Run Conestoga Mall to Waterloo Memorial Recreation Complex Waterloo, Ontario <i>It's RUNdebar!</i> Supporting:	<b>November 8</b> <i>A Run to Remember</i>  <b>6th Annual REMEMBERrun</b> 8 KM, 5 KM & 2.5 KM Run Royal Canadian Legion, Preston Branch 126 Cambridge, Ontario <i>Keep The Memory Alive</i> Supporting:	<b>December 13</b> <i>Suit Up!</i>  <b>3rd Annual Santa Pur-suit</b> 5 KM, 3 KM & 1 KM Fun Run Stork Family YMCA Waterloo, Ontario <i>You will have a Jolly good time</i> Supporting:	<b>Great Benefits!</b> FREE T-shirts, collect them all FABULOUS Post-race refreshments PLAN Your annual personal Fitness schedule ENJOY Family, fitness, friendship and fun GREAT Draw prizes FANTASTIC Fundraising prizes SUPPORT Your local charitable community EXPERT CHIP timing and results REWARDING Post-race massage EXERCISE Your community spirit

1<sup>ST</sup> ANNUAL



## FEATURING:

- 7 Mile Baden Hill Road Race
  - Neil Dunford Memorial 5 KM Road Race
  - 1 KM Fun Run
  - 200m Kids Run
- (formerly The New Hamburg Classic Races)



www.RunWaterloo.com



ALL PLEDGES DONATED TO  
 Aldaview Services  
 Wilmot Family Resource Centre  
 Interfaith Community Counselling

SATURDAY, MAY 10, 2014 9:30 a.m.

Wilmot Recreation Complex, Baden ON

PHOTOCOPIES OF THIS FORM ARE ACCEPTABLE. ONLY ONE PARTICIPANT PER FORM.

### THE 2014 BADEN ROAD RACES ENTRY AND WAIVER FORMS

Waiver, Release and Indemnification: In Consideration of your acceptance of my entry, I hereby, on behalf of myself, my heirs, executors, administrators and assigns, waive and release all rights and claims for damages that I may have against the civil offices, any sponsors, additional insureds, affiliated organizations or organizers and all their respective agents and representatives as a result of my participation in this event. I specifically acknowledge that I have read the above warning and understand it, that I am physically fit and sufficiently trained to participate in this event, and that I have full knowledge of the risks involved in such participation, and fully accept such risks. I hereby agree to periodic electronic and physical mailings, and I consent to the reproduction of any photographs, video and voice recordings of the undersigned in any advertising or promotions. I understand entry fees to be non-transferable, non-deferrable, and non-refundable. By submitting this, I acknowledge having read, and understood, and agreed to the above waiver, release and indemnification. **IMPORTANT NOTE:** The signatory acknowledges that this event is organized and operated by THE WATERLOO 10 KM CLASSIC ROAD RACE INC., a non-share capital corporation incorporated under the laws of the Province of Ontario and all rights and remedies shall be governed accordingly.

FIRST Name: \_\_\_\_\_

LAST Name: \_\_\_\_\_

Street Address & Apartment #: \_\_\_\_\_

Town: \_\_\_\_\_

Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_ Email Address: \_\_\_\_\_

Area Code: \_\_\_\_\_ Telephone Number: \_\_\_\_\_ For Office Use Only: \_\_\_\_\_

EVENT ENTERED: 7 Mile Run  \$40 1 KM Fun Run  \$30  
 (CHECK ONE ONLY) 5 KM Run  \$40 200m Kids Run  \$20

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

This Waiver Form must be signed or your Entry will NOT be accepted. The Entrant acknowledges that entry fees are not refundable, transferable or deferrable. If the Entrant is under 18 years of age, a parent/guardian must sign this Waiver Form. The above parent/guardian consents to the Entrant's participation in the event and acknowledges that he/she is bound by the Waiver Form to the same extent as the Entrant.

TEAM CATEGORIES	TEAM NAME
Parent / Child (2 person team)	
Spouses (2 person team)	
Corporate (min 3 person team)	
School (min 3 person team)	
Open (min 5 person team)	

ONLY if entering Weight Category, check  Male - 180-199 lbs  Male - 200+ lbs   
 Female - 150-169 lbs  Female - 170+ lbs

### PROUDLY SUPPORTED BY



### HIGHLIGHTS

- FREE Technical T-Shirt to the first 500 Entrants
- GREAT Draw Prizes
- FANTASTIC Fundraising Prizes
- EXPERT CHIP Timing and Results
- FREE Completion Certificate with the "2014 Completion Sticker" (Collect each years' sticker to complete your certificate)
- ENJOY Family, Fitness Friendship and Fun
- FREE Fabulous Post-Race Refreshments

f RunWaterloo

RunWaterloo

FOR RUNNERS, JOGGERS, WALKERS & FAMILIES OF ALL AGES & ABILITIES

### WELCOME

For the past 35 years, Wilmot Township has been home to a great running tradition. With various venues, courses, distances, charities, and even names over the years, one thing has remained - the passion and community support for a great running event. We're thrilled to reboot this institution in 2013 with the first ever Baden Road Races!



The signature distance of this event will be the 7 Miler, which this year will go up the aerial Baden Tower Hill. Runners will climb the steep gravel slope and turnaround at the top - don't miss ringing the brass bell! The way down promises to be fun. Also at this event are the Neil Dunford memorial 5 KM, as well as 1 KM and 200m events for children.

### RACE START

**9:30 a.m.** Starting at the Wilmot Recreation Complex and finishing on the arena floor.

**Directions to WRC:**  
From Hwy 7, exit at Nafziger (1km east of New Hamburg) and take the first right into parking lot.

### ENTRY FEES

7 Mile - \$40                      1 KM - \$30  
5 KM - \$40                      200m Kids Run - \$20

Family rate: first two members are full price, and each additional member is 50% off. For example: a family of 4 in the 5 KM is \$120.

**Please Note: Entry fees are not refundable, transferable or deferrable.**

**Please make cheques payable to The Baden Road Races.  
Send completed entry form with cheque or money order to:  
The Baden Road Races  
2 WEBERLYN CRESCENT, CONESTOGO, ON N0B 1N0**

### REGISTRATION OPTIONS

**Deadline** For Mail-In or Drop-Off entries is Tuesday, May 6. After that date, entries will be accepted on Friday, May 9 or Saturday, May 10 as below.

**Mail-In** Mail your completed entry form with your entry fee to: 2 Weberlyn Crescent, Conestogo, ON N0B 1N0

**Drop-Off** At *Runners' Choice*, 255 King St. N., Waterloo

**Online** www.RunWaterloo.com until Wednesday, May 7, 6:00 p.m.

**Fri. May 9** At *Runners' Choice*, 255 King St. N., Waterloo from 5:00 p.m. - 8:00 p.m.

**Sat. May 10** At *The Wilmot Recreation Complex* from 7:30 a.m. - 9:00 a.m.

### KIT & CHIP PICK UP

**Race Kits** Can be picked up at:  
*Runners' Choice*, Friday, May 9, 5:00 p.m. to 8:00 p.m. or  
*Wilmot Recreation Complex*, Saturday May 10, 7:30 a.m. to 9:00 a.m.

### INDIVIDUAL CATEGORIES (AGE OR WEIGHT) & TEAM CATEGORIES (7 MILE & 5 KM ONLY)

#### AGE CATEGORIES

Up to 12    40 - 44  
13 - 15    45 - 49  
16 - 19    50 - 54  
20 - 24    55 - 59  
25 - 29    60 - 64  
30 - 34    65 - 69  
35 - 39    70 +

#### WEIGHT CATEGORIES

Male    180-199 lbs    200 + lbs  
Female    150-169 lbs    170 + lbs

#### TEAM CATEGORIES

- Parent / Child (2 person team)
- Spouses (2 person team)
- Corporate (min 3 person team)
- School (min 3 person team)
- Open Team (min 5 person team)

### AWARDS

Awards presented to the:

- top 3 overall Male & Female, Open & Masters (age 40+)
- top 3 Male & Female finishers in each age & weight category
- 1st place team in each Team Category
- \$100 for top Open Team, if there are at least 5 eligible Open Teams

### DRAW PRIZES

Everyone is eligible for hundreds of dollars of merchandise, as well as the Grand Prize Draw;

**\$250 cash**

**Bonus Draw Prize: Beautiful T-Shirt Quilt!**  
Winners must be present to claim prizes.

### POST RACE

Enjoy a variety of refreshments, draw prizes and a post race massage following your run.



### INFORMATION

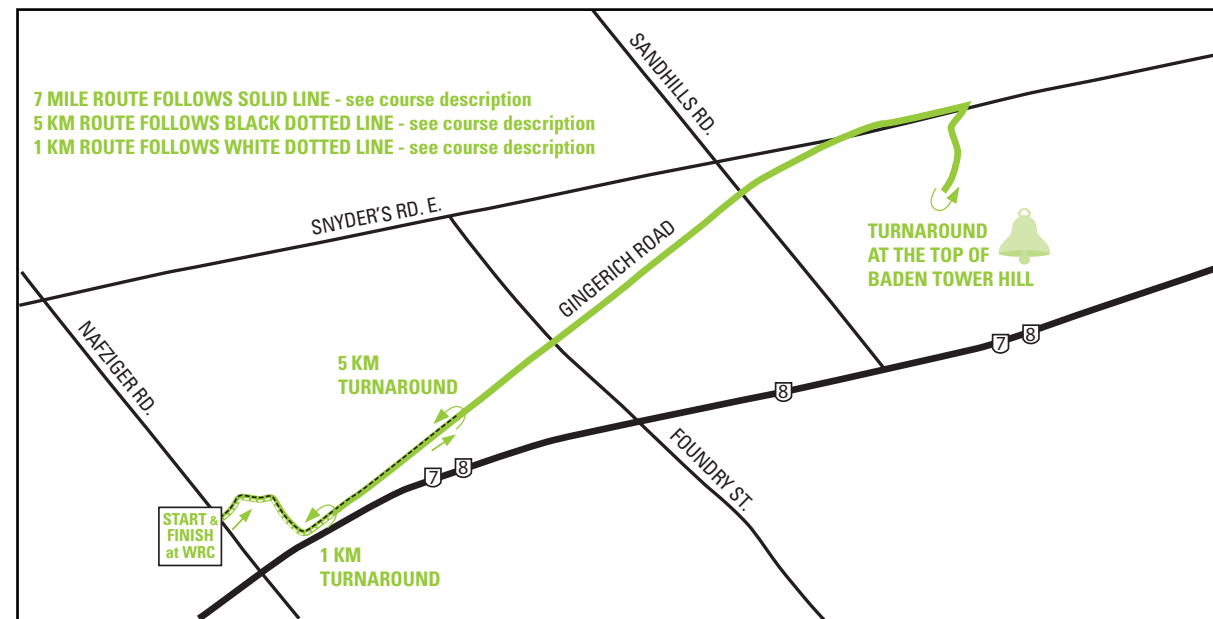
Contact Lloyd Schmidt, Race Director:  
**Telephone:** 226-750-0017    **Email:** info@RunWaterloo.com  
**Mail:** 2 Weberlyn Cres., Conestogo ON N0B 1N0

### RESULTS

Computerized timing and race results by ChipTime Results. Results will be available race day, and after the race on the Websites:

[www.roadraceresults.com](http://www.roadraceresults.com)    [www.RunWaterloo.com](http://www.RunWaterloo.com)  
[www.chiptimeresults.com](http://www.chiptimeresults.com)    [www.runnerschoicewat.on.ca](http://www.runnerschoicewat.on.ca)

### COURSES



### COURSE DETAILS

The 7 Mile & 5 KM events are timed races, and the 1 KM event is not a timed race.

The 7 Mile & 5 KM courses are certified distances.

There will be water stations on the course.

Each KM will be marked.

Times will be called at the Mile mark.

Courses are subject to change pending approvals and course certifications.

#### Course Descriptions

##### 5 KM and 1 KM:

Starting at the Wilmot Recreation Complex, continue on Gingerich Road. Turn around at the half way mark. Follow Gingerich Road to the Wilmot Recreation Complex, and finish on the Arena Floor.

##### 7 Mile:

Starting at the Wilmot Recreation Complex, continue on Gingerich Road. Gingerich Road merges into Snyder's Road E. Turn right onto Gravel Road leading to the Baden Tower Hill. Turn around at the top of the Baden Tower Hill. Turn left on to Snyder's Road E. Snyder's Road E. merges with Gingerich Road. Follow Gingerich Road to the Wilmot Recreation Complex, and finish on the Arena Floor.

**DON'T FORGET TO RING THE BELL AT THE TOP OF THE BADEN TOWER HILL!**  
**BONUS PRIZE: "The Baden Battle" – The Male and Female with the Fastest Time from the bottom of the hill to the top of the hill and back, will win a Free Pair of Saucony Shoes!**

### COURSE SUPPORT

Waterloo Regional Police, Waterloo Regional REACT, First Aid and clearly identified volunteers will assist you every step of the way.



### PHOTOS

Check out our website at [www.RunWaterloo.com](http://www.RunWaterloo.com) for thousands of race photos - all free to download.

The Sponsors recognized on this entry form have generously contributed financial support, products and/or services to The Baden Road Races and we encourage your ongoing support of these generous companies and organizations.

### SILVER SPONSORS



### BRONZE SPONSORS

