

THE 2014 WATERLOO RUNNING SERIES – MARK YOUR CALENDAR!

<p>February 23 <i>A Frosty Favourite</i></p>  <p>17th Annual "Re-Fridgee-Eighter" 8 KM or 8 Mile Run & 3 KM Fun Run RIM Park Waterloo, Ontario <i>Keep pace with your 'runny nose'</i> Supporting:</p> 	<p>April 12 & 26 <i>Can you ENDURE it?</i></p>  <p>12th Annual ENDURrace 5 KM & 8 KM Running Series & 2.5 KM Fun Runs Lions Hall Elmira, Ontario <i>Two times the fun</i> Supporting:</p> 	<p>May 10 <i>Ring the Bell</i></p>  <p>1st Annual Baden Road Races 7 Mile, 5 KM & 1 KM & 200m Kids Run Wilmot Recreation Complex Baden, Ontario <i>Conquer the Tower Hill</i> Supporting:</p> <p>Aldaview Services Wilmot Family Resource Centre Interfaith Community Counselling</p>	<p>May 31 <i>Spring in to Colour</i></p>  <p>2nd Annual In Running Colour 4 KM & 1 KM Fun Run Columbia Lake Waterloo, Ontario <i>The most colourful run of the Spring</i> Supporting:</p> 	<p>June 15 <i>Fun In The Sun</i></p>  <p>37th Annual Waterloo Classic Road Races 10 KM, 5 KM & 3 KM Run University Stadium Waterloo, Ontario <i>It runs in the family</i> Supporting:</p> 	<p>July 6 <i>Fun In The Mud</i></p>  <p>5th Annual Dirty Dash 8 KM, 4 KM & 1 KM Kids Run Bechtel Park Waterloo, Ontario <i>We hope it rains</i> Supporting:</p> 	<p>July 13 <i>Extreme Team Challenge!</i></p>  <p>1st Annual Extreme Dirty Dash 6 KM Bechtel Park Waterloo, Ontario <i>We hope it pours</i> Supporting:</p> 
<p>August 10 - 17 <i>The Ultimate Challenge</i></p>  <p>12th Annual ENDURrun International 160 KM 8 Days, 7 Stages, 160 KM, 1 Tough Runner Waterloo Region, Ontario <i>The 'Tour de France' of Running</i> Supporting:</p> 	<p>September 13 <i>Travel the Gravel</i></p>  <p>1st Annual Harvest Half Marathon Quarter Marathon & Half Mile Kids Run St. Clements Community Centre St. Clements, Ontario <i>The Kenyan Way</i> Supporting:</p> 	<p>September 28 <i>'Round' up Friends</i></p>  <p>7th Annual Laurier Loop 10 KM, 5 KM, 2.5 KM & Relay Road Races University Stadium Waterloo, Ontario <i>Run with the Hawks</i> Supporting:</p> 	<p>October 19 <i>A Fall Classic</i></p>  <p>18th Annual Oktoberfest Run 10 KM, 5 KM & 200m Kids Run Conestoga Mall to Waterloo Memorial Recreation Complex Waterloo, Ontario <i>It's RUNdebar!</i> Supporting:</p> 	<p>November 8 <i>A Run to Remember</i></p>  <p>6th Annual REMEMBERrun 8 KM, 5 KM & 2.5 KM Run Royal Canadian Legion, Preston Branch 126 Cambridge, Ontario <i>Keep The Memory Alive</i> Supporting:</p> 	<p>December 13 <i>Suit Up!</i></p>  <p>3rd Annual Santa Pur-suit 5 KM, 3 KM & 1 KM Fun Run Stork Family YMCA Waterloo, Ontario <i>You will have a Jolly good time</i> Supporting:</p> 	<p>Great Benefits! 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</p>

economical INSURANCE

12TH ANNUAL

ENDURrace

5 KM & 8 KM RUNNING SERIES & 2.5 KM FUN RUNS

RUN A 5 KM RACE OR AN 8 KM RACE, OR BOTH IF YOU CAN "ENDURE" IT!



AWARDS for EACH race, plus additional awards for combined times of BOTH races

5 KM - SATURDAY, APRIL 12, 2014, 6:00 p.m.

8 KM - SATURDAY, APRIL 26, 2014, 6:00 p.m.

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

THE 2014 ENDURrace 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: _____

Sex (M/F): M F

Age On Race Day:

Preferred T-Shirt Size: (M/F - XS,S,M,L,XL)

EVENT ENTERED: (CHECK ONE ONLY)

5 KM Run - April 12 \$30 2.5 KM Run - April 12 \$20

8 KM Run - April 26 \$30 2.5 KM Run - April 26 \$20

Both \$50 Both \$30

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



ALL PLEDGES DONATED TO



f RunWaterloo

t RunWaterloo

FOR RUNNERS, JOGGERS, WALKERS & FAMILIES OF ALL AGES & ABILITIES...www.RunWaterloo.com

5 KM AND 2.5 KM

SATURDAY, APRIL 12, 2014 6:00 p.m.
Lions Hall, Elmira, Ontario

REGISTRATION OPTIONS

Deadline For **Mail In** or **Drop Off** entries is Tuesday, April 8. After that date, entries will be accepted on Friday, April 11 or Saturday, April 12 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

On-line www.RunWaterloo.com until Wednesday, April 9, 6:00 p.m.

Friday April 11 At *Runners' Choice*, 255 King St. N., Waterloo from 5:00 p.m. to 8:00 p.m.

Saturday April 12 At *Lions Hall*, 40 South St. W., Elmira from 4:00 p.m. to 5:30 p.m.

KIT & CHIP PICK UP

Race Kits Can be picked up at:
Runners' Choice, Friday, April 11, 5:00 p.m. to 8:00 p.m. or *Lions Hall* on Saturday April 12, 4:00 p.m. to 5:30 p.m.

ENTRY FEES

5 KM - April 12	\$30	2.5 KM - April 12	\$20
8 KM - April 26	\$30	2.5 KM - April 26	\$20
BOTH	\$50	BOTH	\$30

Family rate: first two members are full price, and each additional member is 50% off.

PLEASE NOTE:
 Entry fees are not refundable, transferrable or deferrable.

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

INDIVIDUAL CATEGORIES (AGE OR WEIGHT) & TEAM CATEGORIES

AGE CATEGORIES		WEIGHT CATEGORIES	
Up to 12	40 - 44	Male 180-199 lbs	200 + lbs
13 - 15	45 - 49	Female 150-169 lbs	170 + lbs
16 - 19	50 - 54	TEAM CATEGORIES	
20 - 24	55 - 59	• Parent / Child (2 person team)	
25 - 29	60 - 64	• Spouses (2 person team)	
30 - 34	65 - 69	• Corporate (min 3 person team)	
35 - 39	70 +	• School (min 3 person team)	
		• Open (min 5 person team)	

INFORMATION

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

8 KM and 2.5 KM

SATURDAY, APRIL 26, 2014 6:00 p.m.
Lions Hall, Elmira, Ontario

REGISTRATION OPTIONS

Deadline For **Mail In** or **Drop Off** entries is Tuesday, April 22. After that date, entries will be accepted on Saturday, April 26 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

On-line www.RunWaterloo.com until Wednesday, April 23, 6:00 p.m.

Friday April 11 At *Runners' Choice*, 255 King St. N., Waterloo from 5:00 p.m. to 8:00 p.m.

Saturday April 26 At *Lions Hall*, 40 South St. W., Elmira from 4:00 p.m. to 5:30 p.m.

KIT & CHIP PICK UP

Race Kits Can be picked up at:
Runners' Choice, Friday, April 11, 5:00 p.m. to 8:00 p.m. or *Lions Hall* on Saturday April 26, 4:00 p.m. to 5:30 p.m.

DRAW PRIZES

Everyone is eligible for hundreds of dollars of merchandise, as well as the Grand Prize Draw (per race):

\$250 Cash

Winners must be present to claim prizes.

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

AWARDS FOR EACH RACE PLUS AWARDS FOR COMBINED TIMES OF BOTH RACES "The ENDURace Champions"

POST RACE

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

kw health connection
 chiropractor • naturopath • massage

RESULTS

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

www.roadracerresults.com www.RunWaterloo.com
www.chiptimeresults.com www.runnerschoicewat.on.ca

COURSES

COURSE DETAILS

The 5 KM & 8 KM events are timed races, and the 2.5 KM events are not timed races.
 The 5 KM & 8 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 and also the 5 KM mark of the 8 KM race.
 Courses are subject to change pending approvals and course certifications.


Course Descriptions

5 KM:
 Starting at Lions Hall, run straight on South St. W. Turn right onto Arthur St. S. Turn right onto First St. W. Turn right onto Barnswallow Dr. Turn right onto Church St. E. Turn right onto Walker St. Turn left onto Hampton St. Turn right onto South St. W. to the finish line at Lions Hall.

8 KM:
 Starting at Lions Hall, run straight on South St. W. Turn right onto Arthur St. S. Turn right onto Whippoorwill Dr. Turn right onto Barnswallow Dr. Turn right onto Church St. E. Turn right onto Arthur St. S. Turn right onto Park Ave. W. Turn left onto Hampton St. Turn right onto First St. W. Turn right onto Snyder Ave. S. Turn left onto South St. W. to the finish line at Lions Hall.

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 for thousands of race photos - all free to download.

