THE 2014 WATERLOO RUNNING SERIES – MARK YOUR CALENDAR! April 12 & 26 Februarv 23 Mav 10 May 31 June 15 July 6 Julv 13 A Frosty Favourite Can you ENDURE it? Ring the Bell Spring in to Colour Fun In The Sun Fun In The Mud Extreme Team Challenge DIRTY 0. DIRTA **ENDUR** rack RUNNING COLOUR LASSIC 12th Annual **1st Annual 37th Annual 5th Annual** 17th Annual 2nd Annual 1st Annual 'Re-Fridgee-Eighter' **ENDUR**race **Baden Road Races** In Running Colour Waterloo Classic Dirty Dash Extreme 8 KM or 8 Mile Run 5 KM & 8 KM Running 7 Mile, 5 KM & 1 KM 4 KM & 1 KM Road Races 8 KM, 4 KM **Dirty Dash** & 3 KM Fun Run Series & 2.5 KM Fun Runs & 200m Kids Run Fun Run 10 KM, 5 KM & 3 KM Run & 1 KM Kids Run 6 KM RIM Lions Wilmot Columbia Universitv Bechtel Bechtel **Recreation Complex** Park Hall Lake Stadium Park Park Waterloo, Ontario Elmira, Ontario Baden, Ontario Waterloo, Ontario Waterloo, Ontario Waterloo, Ontario Waterloo, Ontario The most colourful We hope Keep pace with your Two times Conquer the lt runs We hope Tower Hill run of the Spring the fun in the family it rains 'runny nose it pours Supporting Supporting: Supporting: Supporting Supporting Supporting: Supporting: Aldaview Services a ely Fistian's writer X3 🐑 United Way not Family Resource Centre **Special Olympics** Ontario Kitchener-Waterloo FOUNDATION Interfaith Community By Buthing Mc Secure Counselling August 10 - 17 September 13 September 28 October 19 December 13 November 8 **Great Benefits!** The Ultimate Challenge Travel the Gravel 'Round' up Friends A Fall Classic A Run to Remember FREE Suit Un! T-shirts, collect them all FABULOUS HARVEST **ENDUR**ruh² the Santa Post-race refreshment AURIEF Remembe **R**eun Pursuit PLAN ()()Your annual personal Fitness schedule FN.IOY Family, fitness, 12th Annual **1st Annual** 7th Annual 18th Annual **6th Annual 3rd Annual** friendship and fun **ENDUR**run Harvest Half Marathon Laurier Loop **Oktoberfest Run REMEMBER**run Santa Pur-suit GREAT Quarter Marathon 10 KM, 5 KM, 2.5 KM 10 KM, 5 KM 8 KM, 5 KM 5 KM, 3 KM International Draw prizes 160 KM & Half Mile Kids Run & Relay Road Races & 200m Kids Run & 2.5 KM Run & 1 KM Fun Run FANTASTIC Conestoga Mall to Waterloo Stork Family Fundraising prizes 8 Days, 7 Stages, 160 KM St. Clements University Royal Canadian Legion, SUPPORT 1 Tough Runner Community Centre Stadium Aemorial Recreation Complex Preston Branch 126 YMCA Your local charitable Waterloo Region, Ontario St. Clements, Ontario Waterloo, Ontario Waterloo, Ontario Cambridge, Ontario Waterloo, Ontario community The 'Tour de France' Run with Keep The You will have a The Kenvan lt's EXPERT of Running the Hawks **RUNdebar!** Memory Alive Jolly good time Wav CHIP timing and results Supporting: Supporting: Supporting: Supporting: Supporting: Supporting: REWARDING Post-race massage ٤ CAMBRIDGE EXERCISE MDRO United Way RENTAR. 10305 Foundation The Preston Legion Poppy Fund Your community spirit SORNPATION PHOTOCOPIES OF THIS FORM ARE ACCEPTABLE. ONLY ONE PARTICIPANT PER FORM. × \times THE 2014 Oktoberfest Run ENTRY AND WAIVER FORMS nification: In Consideration of your accentance of my entry. | 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 specific and second onal 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 ved 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 rec e in this event, and that I have full knowledge of the risks invo tions. I understand entry fees to be non-transferable, non-deferrable, and non-refundable. By submitting this, I acknowledge having read, and unders stood, and agreed to the above waiver, release and indemnification. IMPORTANT od in any advertising or promo les 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 EVENT ENTERED: 10 KM Run 🔲 \$40 5 KM Fun Run \$40 200m Kids Fun Run 🗌 \$20 **FIRST Name** Date Signature LAST Name This Waiver Form must be signed or your Entry will NOT be accepted. The Entrant acknowledges that entry fees are not refundable, transferable If the Entrant is under 18 years of age, a parent/guardian must sign this Waiver Form. The above parent/quardian consents to the Entrant's participation in the event and Street Address & Apartment # 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) Town Spouses (2 person team) Postal Code **Email Address** Corporate (min 3 person team) Province School (min 3 person team) Open (min 5 person team) For Office Use Only Area Code Telephone Numbe ONLY if entering Weight Male - 180-199 lbs Male - 200+ lbs Preferred T-Shirt Size: Sex (M/F): Age On Race Day: ategory , check 🗹 M/F - XS,S,M,L,XL) Female - 150-169 lbs Female - 170+ lbs





Sunday, October 19, 2014

9:30 a.m.

SPONSORED BY



SHOPPERS

Elmira and Elora

ConestogaMall



Mike Forgrave 🖹 Associates





HAHN ()TROV-BILT





Presents





START: Conestoga Mall, Waterloo FINISH: Waterloo Memorial Recreation Complex

HIGHLIGHTS

the first 1,400 Entrants **NEW** 10 KM Course FINISH on the Arena Floor KIDS 200 M Fun Run on the Track **GREAT** Draw Prizes FANTASTIC Fundraising Prizes **EXPERT** CHIP Timing and Results **FREE** Completion Certificate **ENJOY** Family, Fitness and Fun Post-Race Refreshments FABULOUS with Live Entertainment **f** RunWaterloo Service RunWaterloo

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

www.RunWaterloo.com

WELCOME



You won't want to miss this event! It's RUNdebar

Through individual pledges and participation, and through the support of many generous corporate sponsors, The Oktoberfest Run has become a successful annual undraising event. It is our objective to organize a fun, safe and healthy athletic event for the citizens of Waterloo Region and beyond, while maintaining a community responsibility to local charitable organizations and their causes. With your entry, you will help us reach our objective.

RACE START

9:30 a.m. Starting at Conestoga Mall and finishing at the Waterloo Memorial Recreation Complex (WMRC)

Directions to WMRC: From Hwy #401, take Hwy #8 West to Hwy #85 Waterloo to Bridgeport Rd. W. to Caroline St. to Erb St. W. to Father David Bauer Dr.

Directions to Conestoga Mall: From Hwy #401 take Hwy #8 West to Hwy #85 Waterloo to 550 King St. N. in Waterloo (look for the signs for the Mall).

Note: We recommend that participants park at WMRD and take the shuttle bus to the start at Conestoga Mall. Shuttle buses begin at 7:30 a.m. The last shuttle bus leaves at 8:50 a.m. There are no shuttle buses after the race to take participants back to Conestoga Mall.

ENTRY FEES

10 KM - \$40 5 KM - \$40 200 M Kids Fun 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.

Registration prices will increase by \$5 after online registration closes. Please Note: Entry fees are not refundable, transferable or deferrable.

Please make cheques payable to Oktoberfest Run. Send completed entry form with cheque or money order to:

OKTOBERFEST RUN

2 WEBERLYN CRESCENT, CONESTOGO, ON NOB 1NO

REGISTRATION OPTIONS

Deadline	For Mail-In or Drop-Off entries is Tuesday, October 14. After that date, entries will be accepted on Friday, Saturday, o Sunday at the times listed below.	
Mail-In	Mail your completed entry form with your entry fee to: 2 Weberlyn Crescent, Conestogo, ON NOB 1NO	
Drop-Off	At Runners' Choice, 255 King St. N., Waterloo, by 6:00 p.m.	
Online	www.RunWaterloo.com until Wednesday, October 15, 6:00 p.m.	
Fri. Oct. 17	At Conestoga Mall, Main Entrance, 550 King St. N., Waterloo from 5:00 p.m. to 8:00 p.m.	
Sat. Oct. 18	<i>At Conestoga Mall</i> , Main Entrance, 550 King St. N., Waterloo from 10:00 a.m. to 2:00 p.m.	

Sun. Oct. 19 At Conestoga Mall, Centre Court, 550 King St. N., Waterloo from 7:00 a.m. to 9:00 a.m.

KIT & CHIP PICK UP

Race Kits Can be picked up at: Conestoga Mall on Friday, Saturday or Sunday at the times listed above.

INFORMATION

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

200 M KIDS FUN RUN

Gather around the track at 11:15 .m. to cheer on the kids (12 and under) in this exciting event! Just for fun, no medals or timing, but all pre-registered kids will receive a FREE t-shirt.

T-SHIRTS

Only the first 1,400 entries will receive a FREE 2014 limited edition long-sleeve t-shirt. Register today – don't be disappointed!

NOTE: a limited quantity of extra t-shirts will be available for sale. Makes a great gift or souvenir!

FUNDRAISING PRIZES

Please see the enclosed Pledge Form for exciting Fundraising Prizes, donated by:





ConestogaMall

AWARDS (FOR BOTH 10 KM & 5 KM EVENTS)

Awards will be presented to the:

• top 3 Male and Female, Overall & Masters (age 40+),

• top 3 Male and Female finishers in each age and weight category, and • 1st place team in each Team Category.

Prize Money for the top 3 Male and Female, Overall and Masters (age 40+): 1st - \$100, 2nd - \$75, 3rd - \$50.

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 www.chiptimeresults.com

www.RunWaterloo.com www.runnerschoicewat.on.ca

DRAW PRIZES

Everyone is eligible for hundreds of dollars of merchandise, as well as the

Grand Prize Draw: **\$250 Cash** Winners must be present to claim prizes.

POST RACE

chiropractor • naturopath • massage

Following your run, enjoy barbecued hot dogs and sausages, fresh fruit and bagels - all free with your entry! Live musical entertainment, massage and draw prizes will also precede the awards ceremony.

$^{\circ}_{\circ}$ kw health connection

INDIVIDUAL CATEGORIES (AGE OR WEIGHT) **& TEAM CATEGORIES**

Up to 12 13 - 15 16 - 19 20 - 24 25 - 29	13 - 1535 - 3960 - 6416 - 1940 - 4465 - 6920 - 2445 - 4970 +		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)
			•
WEIGHT CATEGORIESMale180-199 lbs200 + lbs			<u>NOTE:</u> All individual and team

All individual and team categories are for both events (10 KM & 5 KM)

COURSE DETAILS & INFORMATION

• Runner's gear will be transported from the start line at **Conestoga Mall** to the Waterloo Memorial Recreation Complex (WMRC) and stored in a supervised area. Gear must be picked up by 11:30 a.m. We are not responsible for lost, damaged or stolen articles.

170 + lbs

• First Aid, change facilities and showers are available at WMRC.

Each KM is marked and is clearly visible.

150-169 lbs

Times will be called at the Mile and 5 KM marks.

• Water Stations: 1 on the 5 KM course / 3 on the 10 KM course

Courses are certified distances.

PHOTOS

Female

Check out our website at www.RunWaterloo.com for thousands of race photos - all free to download.





www.RunWaterloo.com

