



**WELCOME**

**Run in Remembrance**

Join hundreds in an unforgettable 'Run to Remember'.

It is our hope that every community across Canada will one day host and participate in a REMEMBERrun. Help create a legacy. Participate in the 6th annual



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. All pledges will be donated to **The Preston Legion Poppy Fund**. With your entry you will help us reach our objective.

Show that you will not forget. Show that we will not forget. Show that we will remember. Show that we will keep the memory alive. Join your friends and fellow runners and participate in the 6th Annual REMEMBERrun.

**RACE START**

Gathering at the start line at 10:00 a.m., the run will start at 10:02 a.m. following a 2 minute silence and performance of remembrance music.

The start line is at The Royal Canadian Legion, Branch 126, 334 Westminster Drive N., Cambridge (Preston), Ontario.

**ENTRY FEES**

**8 KM - \$40, 5 KM - \$40, 2.5 KM - \$30**

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 **The REMEMBERrun**.

Send completed entry form with cheque or money order to:

**The REMEMBERrun**

**2 WEBERLYN CRESCENT, CONESTOGO, ON N0B 1N0**

**REGISTRATION OPTIONS**

**Deadline** For **Mail-In** or **Drop-Off** entries is Tuesday, November 4. After that date, entries will be accepted on Friday, November 7 or Saturday, November 8 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, by 6:00 p.m.

**Online** www.RunWaterloo.com until Wednesday, November 5, 6:00 p.m.

**Fri. Nov. 7** At *Runners' Choice*, 255 King St. N., Waterloo from 5:00 p.m. - 8:00 p.m.

**Sat. Nov. 8** *Royal Canadian Legion, Cambridge (P)* from 8:00 a.m. - 9:30 a.m.

**KIT & CHIP PICK UP**

**Race Kits** Can be picked up at:

*Runners' Choice*, Friday, November 7, 5:00 p.m. - 8:00 p.m.

*Royal Canadian Legion*, Saturday, November 8, 8:00 a.m. - 9:30 a.m.

**INDIVIDUAL CATEGORIES (AGE OR WEIGHT) & TEAM CATEGORIES (8 KM & 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 (8 KM & 5 KM ONLY)**

Will be presented to the Top 3 Overall Male & Female, the Top 3 Masters Male & Female, and to the Top 3 Male & Female finishers in each age & weight category, and to 1st place in each Team Category.

**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 post race massage, musical entertainment, draw prizes and a variety of refreshments 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
- www.RunWaterloo.com
- www.chiptimeresults.com
- www.runnerschoicewat.on.ca

**THE COURSE**

The 8 KM & 5 KM events are timed races, and the 2.5 KM event is not a timed race.

The 8 KM & 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 and the 5 KM mark of the 8 KM race.

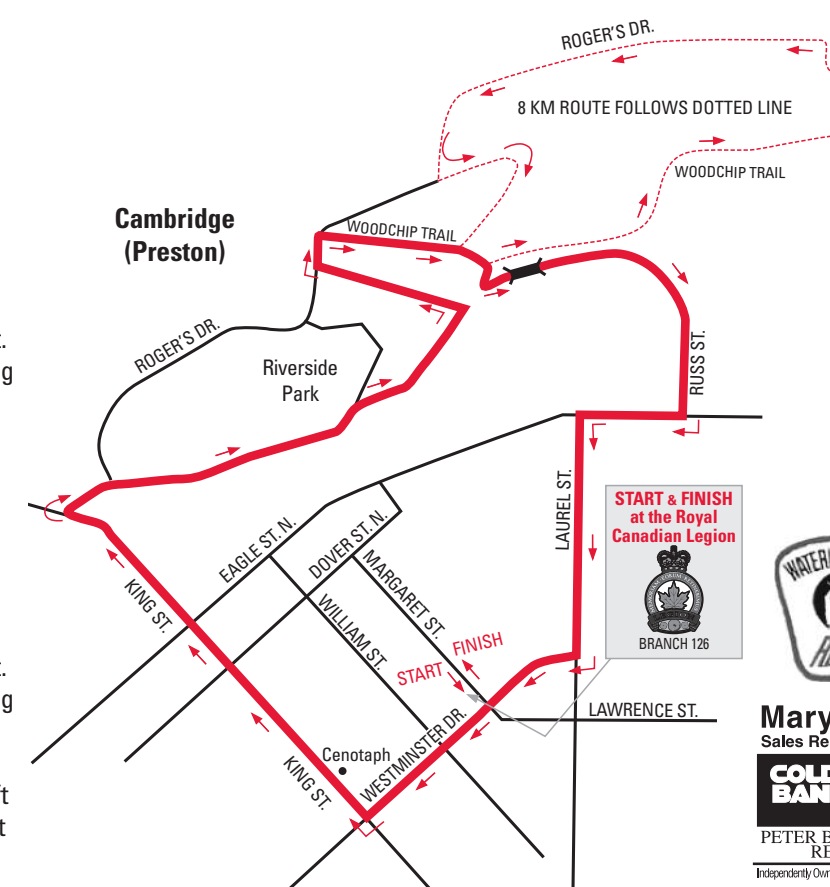
**Course Descriptions**

**8 KM & 5 KM:**

Starting at The Royal Canadian Legion, on Margaret St. Run along Westminster Dr. to King St. Turn right on King St. Run past the cenotaph. Turn right into Riverside Park. Run through beautiful Riverside Park, along a boardwalk and over the Speed River exiting onto Russ St. Turn right onto Eagle St. N. Turn left onto Laurel St. Turn right onto Westminster Dr. Turn right onto Margaret St. to the finish line at the Royal Canadian Legion.

**2.5 KM:**

Starting at The Royal Canadian Legion, on Margaret St. Run along Westminster Dr. to King St. Turn right on King St. Run past the cenotaph. Turn right onto Dover St. N. Turn right onto Margaret St. to turnaround point. Run back to Dover St. N. Turn left onto Dover St. N. Turn left onto William St. Turn left onto Westminster Dr. Turn left onto Margaret St. to the finish line at the Royal Canadian Legion.



**PHOTOS**

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

