

# THE 2015 WATERLOO RUNNING SERIES – MARK YOUR CALENDAR!

<b>February 22</b> <i>A Frosty Favourite</i>  <b>18th 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 18 &amp; 25</b> <i>Can you ENDURE it?</i>  <b>13th 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 9</b> <i>Ring the Bell</i>  <b>2nd 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 30</b> <i>Spring in to Colour</i>  <b>3rd 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 21</b> <i>Fun In The Sun</i>  <b>38th 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 12</b> <i>Fun In The Mud</i>  <b>6th Annual Dirty Dash</b> 8 KM, 4 KM, 1 KM Kids Fun Run & Dirty Dog Dash Bechtel Park Waterloo, Ontario <i>We hope it rains</i> Supporting:
<b>August 9 - 16</b> <i>The Ultimate Challenge</i>  <b>13th 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 19</b> <i>Travel the Gravel</i>  <b>2nd 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 27</b> <i>'Round' up Friends</i>  <b>8th 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 18</b> <i>A Fall Classic</i>  <b>19th 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 7</b> <i>A Run to Remember</i>  <b>7th Annual REMEMBERrun</b> 11 KM, 5 KM & 2.5 KM Run Royal Canadian Legion, Preston Branch 126 Cambridge, Ontario <i>Keep The Memory Alive</i> Supporting:	<b>December 12</b> <i>Suit Up!</i>  <b>4th 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:

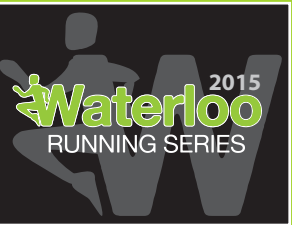
2<sup>ND</sup> ANNUAL

# Baden ROAD RACES



## 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 9, 2015 9:30 a.m.

Wilmot Recreation Complex, Baden ON

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

### THE 2015 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	
Sex (M/F):	Age On Race Day:	Preferred T-Shirt Size: (M/F - XS,S,M,L,XL)	

EVENT ENTERED:	7 Mile Run <input type="checkbox"/> \$45	1 KM Fun Run <input type="checkbox"/> \$30
(CHECK ONE ONLY)	5 KM Run <input type="checkbox"/> \$45	200m Kids Run <input type="checkbox"/> \$20

Signature	Date
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**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 <input checked="" type="checkbox"/>	Male - 180-199 lbs <input type="checkbox"/>	Male - 200+ lbs <input type="checkbox"/>
	Female - 150-169 lbs <input type="checkbox"/>	Female - 170+ lbs <input type="checkbox"/>

### 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 "2015 Completion Sticker" (Collect each years' sticker to complete your certificate)
- ENJOY Family, Fitness Friendship and Fun
- FREE Fabulous Post-Race Refreshments with Live Entertainment

f RunWaterloo    RunWaterloo

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

**WELCOME**

For the past 36 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 continue the tradition in 2015 with the 2nd annual Baden Road Races!



The signature distance of this event will be the 7 Miler, which 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 - \$45                      1 KM - \$30  
5 KM - \$45                      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.

**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 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 5. After that date, entries will be accepted on Friday, May 8 or Saturday, May 9 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 5:00 p.m.

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

**Fri. May 8** At *Runners' Choice*, 255 King St. N., Waterloo from 5:00 p.m. - 7:30 p.m.

**Sat. May 9** 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 8, 5:00 p.m. to 7:30 p.m. or  
*Wilmot Recreation Complex*, Saturday May 9, 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.



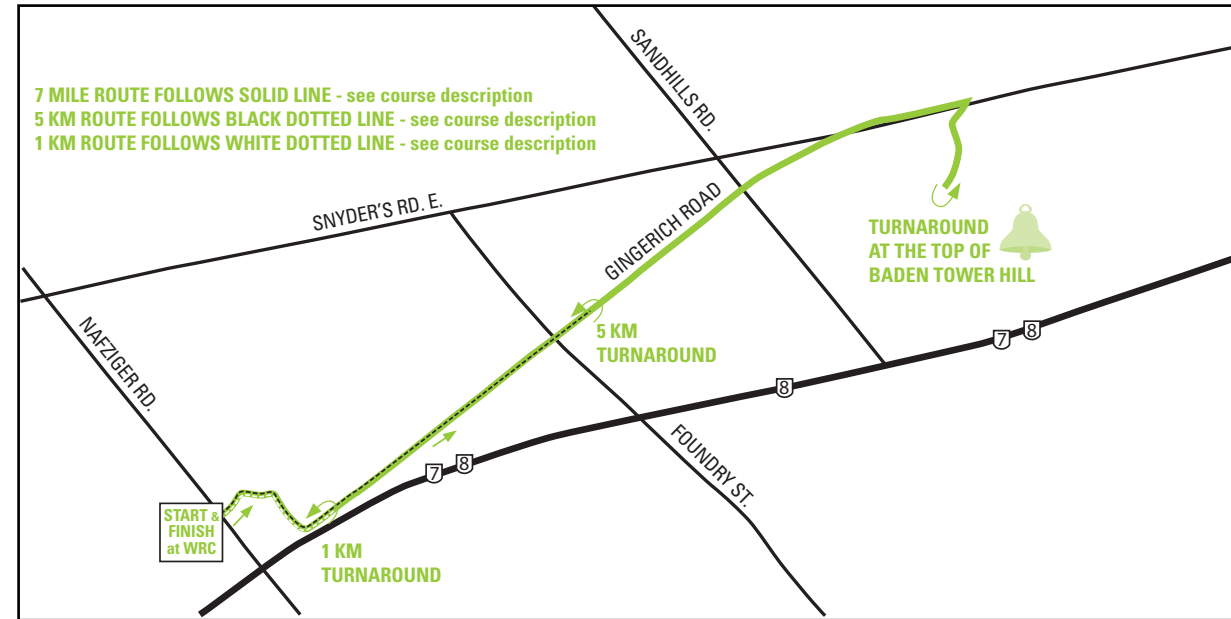
**INFORMATION**

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

**COURSES**



**Time Limit**  
The time limit to complete the course is calculated at 10 minutes per kilometer. Starting at the half way mark, if a participant does not reach a km mark by this calculated time, the participant will be asked to move to the shoulder and finish the race as a pedestrian, unassisted by race support. Participants are asked to familiarize themselves with the course route if this situation might be a possibility to them. We wish to minimize traffic disruption caused by our event, and value the support of Police services regarding participant safety, and trust you understand our position.

**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 PRIME: "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**

