

## 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: Aldaview Services, Wilmot Family Resource Centre, Interfaith Community Counselling	<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:  Special Olympics Ontario, Kitchener-Waterloo	<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: 



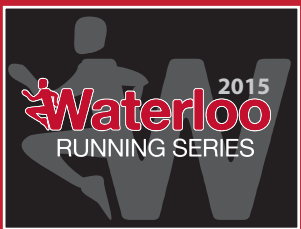
economical INSURANCE

13<sup>TH</sup> 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 18, 2015, 6:00 p.m.      8 KM - SATURDAY, APRIL 25, 2015, 6:00 p.m.**

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

### THE 2015 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.

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Street Address & Apartment #

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Town

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Province

Postal Code

Email Address

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Area Code

Telephone Number

For Office Use Only

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Sex (M/F):

Age On Race Day:

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

<b>EVENT ENTERED: (CHECK <input checked="" type="checkbox"/> ONE ONLY)</b>	<b>5 KM Run - April 18</b> <input type="checkbox"/> \$35	<b>2.5 KM Run - April 18</b> <input type="checkbox"/> \$20
	<b>8 KM Run - April 25</b> <input type="checkbox"/> \$35	<b>2.5 KM Run - April 25</b> <input type="checkbox"/> \$20
	<b>Both</b> <input type="checkbox"/> \$55	<b>Both</b> <input type="checkbox"/> \$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)	<input type="text"/>
Spouses (2 person team)	<input type="text"/>
Corporate (min 3 person team)	<input type="text"/>
School (min 3 person team)	<input type="text"/>
Open (min 5 person team)	<input type="text"/>

<b>ONLY if entering Weight Category, check <input checked="" type="checkbox"/></b>	<b>Male - 180-199 lbs</b> <input type="checkbox"/>	<b>Male - 200+ lbs</b> <input type="checkbox"/>
	<b>Female - 150-169 lbs</b> <input type="checkbox"/>	<b>Female - 170+ lbs</b> <input type="checkbox"/>

### PROUDLY SUPPORTED BY

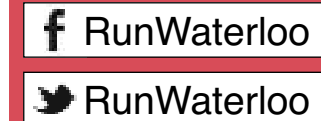


ALL PLEDGES

DONATED TO 

### HIGHLIGHTS

- FREE Technical T-Shirt to the first 500 Entrants
- MEDAL For Completing Both Races
- GREAT Draw Prizes
- FANTASTIC Fundraising Prizes
- EXPERT CHIP Timing and Results
- FREE Completion Certificate with the "2015 Completion Sticker" (Collect each year's sticker to complete your certificate)
- ENJOY Family, Fitness Friendship and Fun
- FREE Fabulous Post-Race Refreshments with Musical Entertainment



### 5 KM AND 2.5 KM

**SATURDAY, APRIL 18, 2015 6:00 p.m.**  
**Lions Hall, Elmira, Ontario**

#### REGISTRATION OPTIONS

**Deadline** For **Mail In** or **Drop Off** entries is Tuesday, April 14. After that date, entries will be accepted on Friday, April 17 or Saturday, April 18 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.

**On-line** www.RunWaterloo.com until Wednesday, April 15, 6:00 p.m.

**Friday April 17** At *Runners' Choice*, 255 King St. N., Waterloo from 5:00 p.m. to 7:30 p.m.

**Saturday April 18** 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 17, 5:00 p.m. to 7:30 p.m. or *Lions Hall* on Saturday April 18, 4:00 p.m. to 5:30 p.m.

#### ENTRY FEES

5 KM - April 18	\$35	2.5 KM - April 18	\$20
8 KM - April 25	\$35	2.5 KM - April 25	\$20
BOTH	\$55	BOTH	\$30

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

**Registration prices will increase by \$5 after online registration closes.**  
**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	<b>TEAM CATEGORIES</b>	
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 25, 2015 6:00 p.m.**  
**Lions Hall, Elmira, Ontario**

#### REGISTRATION OPTIONS

**Deadline** For **Mail In** or **Drop Off** entries is Tuesday, April 21. After that date, entries will be accepted on Saturday, April 25 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.

**On-line** www.RunWaterloo.com until Wednesday, April 22, 6:00 p.m.

**Friday April 17** At *Runners' Choice*, 255 King St. N., Waterloo from 5:00 p.m. to 7:30 p.m.

**Saturday April 25** 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 17, 5:00 p.m. to 7:30 p.m. or *Lions Hall* on Saturday April 25, 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.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 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**

**2.5 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 Bluebird Pl. Turn right onto Second St. Turn left onto Snyder Ave. S. to the finish line at Lions Hall.

**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.

**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 sidewalk 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 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.

