

THE 2015 WATERLOO RUNNING SERIES – MARK YOUR CALENDAR!

February 22 <i>A Frosty Favourite</i>  18th 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: 	April 18 & 25 <i>Can you ENDURE it?</i>  13th Annual ENDURrace 5 KM & 8 KM Running Series & 2.5 KM Fun Run Lions Hall Elmira, Ontario <i>Two times the fun</i> Supporting: 	May 9 <i>Ring the Bell</i>  2nd 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: Aldaview Services, Wilmot Family Resource Centre, Interfaith Community Counselling	May 30 <i>Spring in to Colour</i>  3rd Annual In Running Colour 4 KM & 1 KM Fun Run Columbia Lake Waterloo, Ontario <i>The most colourful run of the Spring</i> Supporting: 	June 21 <i>Fun In The Sun</i>  38th Annual Waterloo Classic Road Races 10 KM, 5 KM & 3 KM Run University Stadium Waterloo, Ontario <i>It runs in the family</i> Supporting: 	July 12 <i>Fun In The Mud</i>  6th Annual Dirty Dash 8 KM, 4 KM, 1 KM Kids Fun Run & Dirty Dog Dash Bechtel Park Waterloo, Ontario <i>We hope it rains</i> Supporting: 
August 9 - 16 <i>The Ultimate Challenge</i>  13th 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: 	September 19 <i>Travel the Gravel</i>  2nd Annual Harvest Half Marathon Quarter Marathon & Half Mile Kids Run St. Clements Community Centre St. Clements, Ontario <i>The Kenyan Way</i> Supporting: 	September 27 <i>'Round' up Friends</i>  8th Annual Laurier Loop 10 KM, 5 KM, 2.5 KM & Relay Road Races University Stadium Waterloo, Ontario <i>Run with the Hawks</i> Supporting: 	October 18 <i>A Fall Classic</i>  19th 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: 	November 7 <i>A Run to Remember</i>  7th Annual REMEMBERrun 11 KM, 5 KM & 2.5 KM Run Royal Canadian Legion, Preston Branch 126 Cambridge, Ontario <i>Keep The Memory Alive</i> Supporting: 	December 12 <i>Suit Up!</i>  4th 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: 

3rd Annual IN RUNNING COLOUR

Saturday May 30, 2015



4 KM & 1 KM Fun Run

www.RunWaterloo.com



ALL PLEDGES DONATED TO



Special Olympics Ontario Kitchener-Waterloo



Saturday, May 30, 2015 10:00 a.m. Columbia Lake, Waterloo, ON

PROUDLY SUPPORTED BY



HIGHLIGHTS

FREE T-Shirt, Sunglasses and Colour Packet to all Entrants

GREAT Draw Prizes

FANTASTIC Fundraising Prizes

ENJOY Family, Fitness Friendship and Fun

FREE Fabulous Post-Race Refreshments with Live Entertainment

 RunWaterloo

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

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

THE 2015 IN RUNNING COLOUR 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: (XS,S,M,L,XL)

EVENT ENTERED: 4 KM Run \$45 1 KM Kids Fun Run \$30 (12 & Under)

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.

Please make cheques payable to "In Running Colour". Post-dated cheques will NOT be accepted. Entry fees are not refundable, transferrable or deferrable. Send completed entry form with cheque or money order to: "IN RUNNING COLOUR" 2 WEBERLYN CRESCENT, CONESTOGO, ON N0B 1N0

A COLOUR FILLED EVENT

Run for fun! No timing, no awards, just the most colourful and exhilarating 4KM or 1KM you've ever run. We'll give you a white shirt, but it won't be white at the end! Each designated colour zone (DCZ) delivers a blast of colour!

Your kit will include a t-shirt, sunglasses and one colour packet.
Additional colour packets will be available for sale.

ENTRY FEES

4 KM: \$45 1 KM Kids Fun Run: \$30 (12 & Under)

Registration prices will increase by \$5 after online registration closes.

Please Note: Entry fees are not refundable, transferable or deferrable.

Family rate: first two members are full price, and each additional member is 50% off. For example: a family of 4 in the 4 KM is \$135.

REGISTRATION OPTIONS

Deadline For Mail-In or Drop-Off entries is Tuesday, May 26. After that date, entries will be accepted on Friday, May 29 or Saturday, May 30 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 27, 6:00 p.m.

Fri. May 29 At *Runners' Choice*, 255 King St. N., Waterloo from 5:00 p.m. - 7:30 p.m.

Sat. May 30 *Columbia Lake, Waterloo* from 8:00 a.m. - 9:30 a.m.

KIT PICK UP

Race Kits Can be picked up at:
Runners' Choice, Friday, May 29, 5:00 p.m. to 7:30 p.m. or
Columbia Lake on Saturday May 30, 8:00 a.m. to 9:30 a.m.

INFORMATION

Contact Lloyd Schmidt, Race Director:

Telephone: 226-750-0017 **Email:** info@RunWaterloo.com

Mail: 2 Weberlyn Cres., Conestogo ON N0B 1N0

SPONSORS

The Sponsors recognized on this entry form have generously contributed financial support, products and/or services to In Running Colour and we encourage your ongoing support of these generous companies and organizations.



DIRECTIONS & PARKING

Directions to Columbia Lake:

From Hwy 401 take exit 278 (from Toronto) or exit 278B (from London) to Hwy 8 West Kitchener.

Exit at Hwy 85 Waterloo.

Exit at University Ave. West (second University Ave. exit).

Turn right at Weber Street North.

Turn left at Columbia Street West.

Turn right at Hagey Boulevard at the University of Waterloo.

Parking:

Parking is available for free at the University of Waterloo, Lot X

It is an 800m walk along Frank Tompa Drive to the venue.

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 RUN

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

COURSES

COURSE DETAILS

The 4 KM and 1 KM events are not timed races, and the courses are not certified distances.

There will be one water station on the 4 KM on the course.

Each KM will be marked.

Courses are subject to change pending approval and external factors.

4 KM Course Description

Starting at the west shore of Columbia Lake, run south on the Trans Canada Trail to Columbia St. W.

Turn right onto Columbia St. W. (sidewalk)

Turn right onto Westmount Rd. N. (sidewalk)

Turn right onto Bearinger Rd. (sidewalk)

Turn right onto the Trans Canada Trail.

Run South to the Start/Finish line!

1 KM Course Description

Starting at the Start/Finish venue, the 1 KM will follow a 1 KM route around the field.

Parents are encouraged to run the 1 KM with their children. If you have already registered for (and run) the 4 KM, then don't register again. Otherwise, parents are welcome to register for the 1 KM.

There is no timing or awards at this event. Participation is strictly for fun and colour!

COURSE SUPPORT

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.

