THE 2015 WATERLOO RUNNING SERIES – MARK YOUR CALENDAR!

February 22



18th Annual "Re-Fridgee-Eighter 8 KM or 8 Mile Run & 3 KM Fun Run

Park Waterloo, Ontario Keep pace with your 'runny nose'



August 9 - 16 The Ultimate Challenge



13th Annual **ENDUR**run International 160 KM

8 Days, 7 Stages, 160 KM, 1 Tough Runner Waterloo Region, Ontario The 'Tour de France' of Runnin

Supporting:



April 18 & 25 Can you ENDURE it?



13th Annual **ENDUR**race 5 KM & 8 KM Running Series & 2.5 KM Fun Runs

Lions Hall Elmira, Ontario Two times

the fun Supporting: A -

Kid^SAbility September 19

Travel the Gravel



2nd Annual **Harvest Half Marathon** Quarter Marathon & Half Mile Kids Run

St. Clements Community Centre St. Clements, Ontario The Kenyan

Supporting:



May 9



2nd Annual **Baden Road Races** 7 Mile. 5 KM & 1 KM & 200m Kids Run

Wilmot Recreation Complex Baden, Ontario Conquer the Tower Hill

Supporting: Aldaview Services Wilmot Family Resource Centre Interfaith Community

September 27

'Round' up Friends

8th Annual

Laurier Loop

10 KM, 5 KM, 2.5 KM

& Relay Road Races

University

Stadium

Waterloo, Ontario

Run with

the Hawks

Supporting:

MDRC

referred T-Shirt Size:

COLOUR

May 30

Spring in to Colour

3rd Annual In Running Colour 4 KM & 1 KM Fun Run

Columbia Lake Waterloo, Ontario The most colourful run of the Spring Supporting:



October 18

A Fall Classic

19th Annual

Oktoberfest Run

10 KM, 5 KM

& 200m Kids Run

Conestoga Mall to Waterloo

Memorial Recreation Complex

Waterloo, Ontario

lt's

RUNdebar!

Supporting:

June 21



38th Annual Waterloo Classic Road Races 10 KM, 5 KM & 3 KM Run

University Stadium Waterloo, Ontario It runs in the family Supporting:



November 7

A Run to Remember

REMEMBERRUN

December 12 Suit Up!

July 12

Fun In The Mud

DIRTY

6th Annual

Dirty Dash

8 KM, 4 KM, 1 KM Kids

Fun Run & Dirty Dog Dash

Bechtel

Park

Waterloo, Ontario

We hope

it rains

Supporting



7th Annual **REMEMBER**run 11 KM, 5 KM & 2.5 KM Run

Royal Canadian Legion Preston Branch 126 Cambridge, Ontario Keep The Memory Alive



4th Annual Santa Pur-suit 5 KM, 3 KM & 1 KM Fun Run

YMCA Waterloo, Ontario You will have a Jolly good time Supporting:

Stork Family





Saturday May 30, 2015

4 KM & 1 KM Fun Run



www.RunWaterloo.com



Saturday, May 30, 2015

10:00 a.m.

Columbia Lake, Waterloo, ON

PROUDLY SUPPORTED BY









EDGE









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

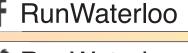
GREAT Draw Prizes

HIGHLIGHTS

FANTASTIC Fundraising Prizes

ENJOY Family, Fitness Friendship and Fun

FREE Fabulous Post-Race Refreshments with Live Entertainment



RunWaterloo

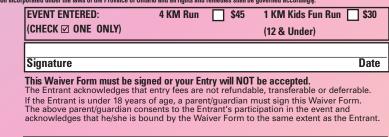
PHOTOCOPIES OF THIS FORM ARE ACCEPTABLE. ONLY ONE PARTICIPANT PER FORM.

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, additiona 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 ving read, and understood, and agreed to the above waiver, release and indemnification. IMPORTANT NOTE: The signatory orated under the laws of the Province of Ontario and all rights and remedies shall be governed accordingly

acknowledges that this event is organized and operated by THE WATERLOO 10 KM CLASSIC ROAD RACE INC., a non-share capital corpor	
FIRST Name	
LAST Name	
Street Address & Apartment #	
Town	
Province Postal Code Email Address	
Area Code Telephone Number For Office Use Only	

Age On Race Day:



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 NOB 1NO









www.RunWaterloo.com

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 NOB 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

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, <u>Lot X</u> 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:

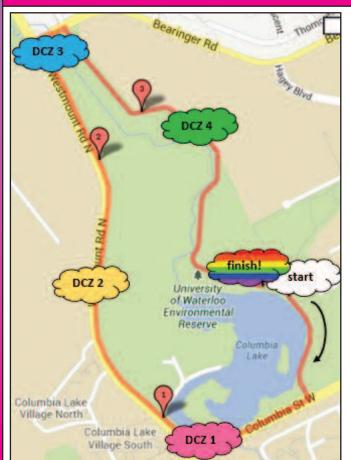
\$250 Cash

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.



