

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>The Original Fall Classic</i>  19th Annual Oktoberfest Run 10 KM, 5 KM & 200m Kids Run Finishing in Waterloo Park 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: 

7th Annual

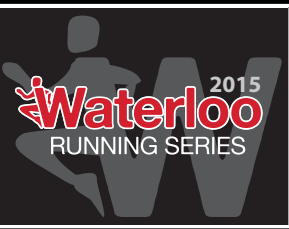
REMEMBER RUN

11 KM, 5 KM & 2.5 KM Run

Hosted By:



Branch 126



www.RunWaterloo.com



ALL PLEDGES DONATED TO



THE PRESTON LEGION POPPY FUND



Saturday, November 7, 2015 11:02 a.m.

Royal Canadian Legion, Cambridge (P), ON

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

THE 2015 "REMEMBERrun" 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

Area Code Telephone Number

Sex (M/F): Age On Race Day:

EVENT ENTERED: (CHECK ONE ONLY) 11 KM \$45 5 KM \$45 2.5 KM \$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.

11 KM & 5 KM 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 Male - 180-199 lbs Female - 150-169 lbs Male - 200+ lbs Female - 170+ lbs



HIGHLIGHTS

- NEW Start Time and 11 KM distance
- FREE Technical t-shirt to the first 500 Entrants
- GREAT Draw Prizes
- FANTASTIC Fundraising Prizes
- EXPERT CHIP Timing and Results
- FREE Completion Certificate
- ENJOY Family, Fitness, Friendship, Fun
- FREE Fabulous Post-Race Refreshments with Live Entertainment



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

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 7th 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 7th Annual REMEMBERrun.

RACE START

Gathering at the start line at 11:00 a.m., the run will start at 11:02 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

11 KM - \$45, 5 KM - \$45, 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 3. After that date, entries will be accepted on Friday, November 6 or Saturday, November 7 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*, 55 Erb St. E., Waterloo, by 5:00 p.m.

Online www.RunWaterloo.com until Wednesday, November 4, 6:00 p.m.

Fri. Nov. 6 At *Runners' Choice*, 55 Erb St. E., Waterloo from 5:00 p.m. - 7:00 p.m.

Sat. Nov. 7 *Royal Canadian Legion, Cambridge (P)* from 9:00 a.m. - 10:30 a.m.

KIT PICK UP

Race Kits Can be picked up at:

Runners' Choice, Friday, November 6, 5:00 p.m. - 7:00 p.m.

Royal Canadian Legion, Saturday, November 7, 9:00 a.m. - 10:30 a.m.

INDIVIDUAL CATEGORIES (AGE OR WEIGHT) & TEAM CATEGORIES (11 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 (11 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 11 KM & 5 KM events are timed races, and the 2.5 KM event is not a timed race.

The 11 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 5 KM mark of the 11 KM race.

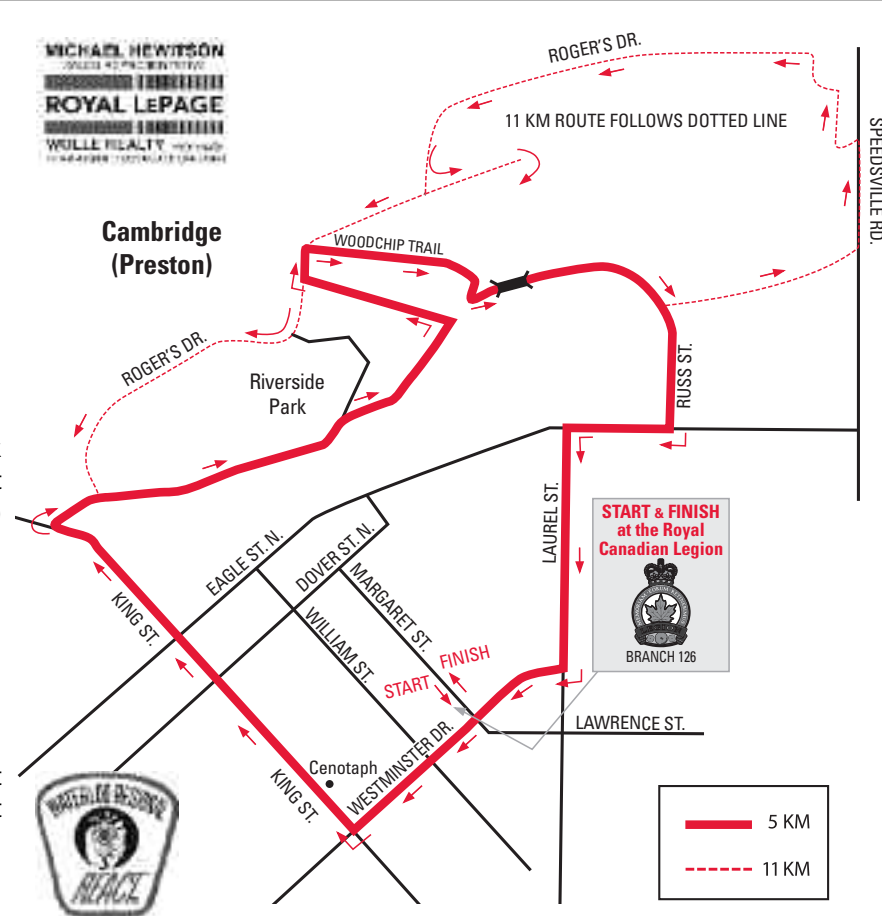
Course Descriptions

11 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 for thousands of race photos - all free to download.

