

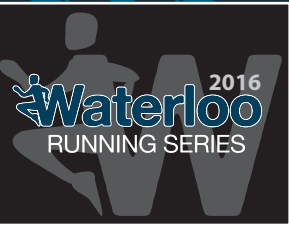
2016 RunWaterloo Event Calendar - Races for Everyone

February 21 19th Annual "Re-Fridgee-Eighter" 8 KM or 8 Mile Run & 3 KM Fun Run RIM Park Waterloo, Ontario <i>A Frosty Favourite</i> Keep pace with your 'runny nose'	Supporting: IMPROVING LIVES. CURING TYPE 1 DIABETES.	August 7-14 14th Annual ENDURrun International 8 Days, 7 Stages, 160 KM, 1 Tough Runner Waterloo Region, Ontario <i>The Ultimate Challenge</i> The 'Tour de France' of Running	Supporting:
March 20 9th Annual Laurier Loop 10 KM, 5 KM, 2.5 KM & Relay Road Races Wilfrid Laurier University, Waterloo <i>'Round' up Friends</i> Run with the Hawks	Supporting: Charity to be Announced	August 20 2nd Annual Runway 2 Mile Race & Fun Run Region of Waterloo International Airport <i>It's a run on the runway</i>	Supporting:
April 2 2nd Annual Pancake Mile Woolwich Memorial Centre, Elmira Eat a pancake, run a quarter mile, repeat 4 times, 4 pancakes, 1 mile	Supporting: Eat a pancake, run a quarter mile, repeat 4 times, 4 pancakes, 1 mile	August 28 3rd Annual Kitchener Kids with Cancer 5 KM & 10 KM Trail Run & Walk Waterloo Region Museum, Kitchener	Supporting: In support of POGO.ca FOR KIDS WITH CANCER FOR NOW, FOR LIFE
April 9 & 16 14th Annual ENDURrace 5 KM & 8 KM Running Series & 2.5 KM Fun Runs Lions Hall Elmira, Ontario <i>Can you ENDURE it?</i> Two times the fun	Supporting: Lutherwood	September 24 3rd Annual Harvest Half Marathon Quarter Marathon & Half Mile Kids Run St. Clements Community Centre St. Clements, Ontario <i>Travel the Gravel</i> The Kenyan Way	Supporting:
May 14 3rd Annual Baden Road Races 7 Mile, 5 KM & 1 KM & 200m Kids Run Wilmot Recreation Complex Baden, Ontario <i>Conquer the Tower Hill</i> Ring the Bell	Supporting: Aldaview Services Wilmot Family Resource Centre Interfaith Community Counselling	October 23 20th Annual The Octoberfast Run 10 KM, 5 KM & 200m Kids Run Waterloo Park, Waterloo <i>A Fall Classic</i>	Supporting: CAMBRIDGE HOSPITAL FOUNDATION
May 28 4th Annual In Running Colour 4 KM & 1 KM Fun Run Columbia Lake Waterloo, Ontario <i>Spring in to Colour</i> The most colourful run of the Spring	Supporting: Special Olympics Ontario Kitchener-Waterloo	November 5 8th Annual REMEMBERrun 11 KM, 5 KM & 2.5 KM Run Royal Canadian Legion, Preston Branch 126 Cambridge <i>A Run to Remember</i> Keep The Memory Alive	Supporting: The Preston Legion Poppy Fund
June 19 39th Annual Waterloo Classic Road Races 10 KM, 5 KM & 3 KM Run University Stadium Waterloo, Ontario <i>Fun In The Sun</i> It runs in the family	Supporting: Extend-A-Family	December 10 5th Annual the Santa Pur-suit 5 KM, 3 KM & 1 KM Fun Run Stork Family YMCA Waterloo, Ontario <i>Suit Up!</i> You will have a Jolly Good Time	Supporting:
July 10 7th Annual Dirty Dash 6 KM, 3 KM, 1 KM Kids Fun Run & 1 KM Dirty Dog Dash Bechtel Park Waterloo, Ontario <i>Fun In The Mud</i> We hope it rains	Supporting: 	June 19 August 20 October 23 November 5 4 races, 1 championship BATTLE OF WATERLOO IV The Battle Continues Waterloo Classic 10 KM Runway 2 Mile Octoberfast 5 KM REMEMBERrun 11 KM	Supporting:
July 24 2nd Annual Downtown Kitchener Mile Carl Zehr Square, Kitchener An urban course, a fun atmosphere	Supporting: An urban course, a fun atmosphere	FREE T-shirts, collect them all FABULOUS Post-race refreshments GREAT Draw prizes FANTASTIC Fundraising prizes	SUPPORT Your local charitable community EXPERT CHIP timing and results REWARDING Post-race massage EXERCISE Your community spirit



19th Annual "Re-Fridgee-Eighter" Run

8 KM or 8 Mile Run & 3 KM Fun Run



www.RunWaterloo.com



Sunday, February 21, 2016 10:00 a.m. RIM Park, Waterloo ON

SPONSORED BY



Elmira and Elora

Mike Forgrave and Associates



HIGHLIGHTS

- FREE Long Sleeve T-Shirt to the first 500 Entrants
- GREAT Draw Prizes
- FANTASTIC Fundraising Prizes
- EXPERT CHIP Timing and Results
- FREE Completion Certificate with the "2016 Completion Sticker" (Collect each years' sticker to complete your certificate)
- ENJOY Family, Fitness Friendship and Fun
- FREE Fabulous Post-Race Refreshments with Live Entertainment



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

THE 2016 Re-Fridgee-Eighter Run 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 RUNWATERLOO 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: 8 KM Run \$50 3 KM Fun Run \$25
 (CHECK ONE ONLY) 8 Mile Run \$60

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.

8 KM & 8 MILE 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"/>

ONLY if entering Weight Category, check Male - 180-199 lbs Male - 200+ lbs
 Female - 150-169 lbs Female - 170+ lbs

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

WELCOME

You won't want to miss this frosty favourite!



Through individual pledges and participation, and through the support of many generous corporate sponsors, The "Re-Fridgee-Eighter" has become a successful annual fund raising event. It is our objective to put on 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.

With your entry, you will help us reach our objective.

RACE START

10:00 a.m. Starting and finishing at RIM Park, 2001 University Ave. E, Waterloo.

Directions to RIM Park:

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. East (first University Ave. exit). Follow University Ave. East to RIM Park.

ENTRY FEES

8 KM: \$50 8 Mile Run: \$60 3 KM Fun Run: \$25

Family rate: first two members are full price, and each additional member is 50% off. For example: a family of 4 in the 8 KM is \$150.

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 "Re-Fridgee-Eighter".
Send completed entry form with cheque or money order to:
The "Re-Fridgee-Eighter"
2 WEBERLYN CRESCENT, CONESTOGO, ON N0B 1N0

REGISTRATION OPTIONS

Deadline For Mail-In or Drop-Off entries is Tuesday, February 16. After that date, entries will be accepted on Saturday, February 20 or Sunday, February 21 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, February 17, 6:00 p.m.

Sat. Feb. 20 At *Runners' Choice*, 55 Erb St. E., Waterloo from 10:00 a.m. - 1:00 p.m.

Sun. Feb. 21 RIM Park (*Forbes Hall*), Waterloo from 8:00 a.m. - 9:30 a.m.

KIT & CHIP PICK UP

Race Kits Can be picked up at:

Runners' Choice, Saturday, Feb. 20, 10:00 a.m. - 1:00 p.m.
RIM Park (Forbes Hall), Sunday, Feb. 21, 8:00 a.m. - 9:30 a.m.

INDIVIDUAL CATEGORIES (AGE OR WEIGHT) & TEAM CATEGORIES (8 KM & 8 MILE 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 (8 KM & 8 MILE EVENTS)

NEW FOR 2016. We appreciate everyone's busy schedule, and thank you for making the time to participate in our event. In order to help you get on with your busy day more quickly, as soon as the final results are calculated, participants can pick up their age/weight class/team category medals. No more waiting through a long awards ceremony. Of course, all unclaimed medals will still be available for pickup at *Runners' Choice* any time after Monday, February 29, 2016.

Medals will be presented to (no duplication):

- Top 3 overall Male and Female, Open & Masters (age 40 plus)
- Top 3 Male and Female finishers in each age and weight category, and 1st place team in each Team Category

NEW FOR 2016 - INDIVIDUAL PRIZE MONEY (no duplication in prize money). Prize Money will be awarded to the top 3 overall Male and Female: 1st - \$100 | 2nd - \$75 | 3rd - \$50 and \$75 to the top Male and Female Master (age 40+).

Prize money (\$100) will be awarded to the top Open team in any timed event in which there are at least 5 eligible teams in the official results.

DRAW PRIZES

Only for Pre-registered participants.

Grand Prize
Beautiful T-Shirt Quilt

Bonus Draw Prize: A pair of Saucony Shoes.

The winner's name will be drawn in advance and posted at the Award pick up area. You can claim your prize any time on race day. Congratulations!

POST RACE

Enjoy a variety of refreshments, live entertainment and a post race massage following your run.



INFORMATION

Contact Lloyd Schmidt, Race Director:

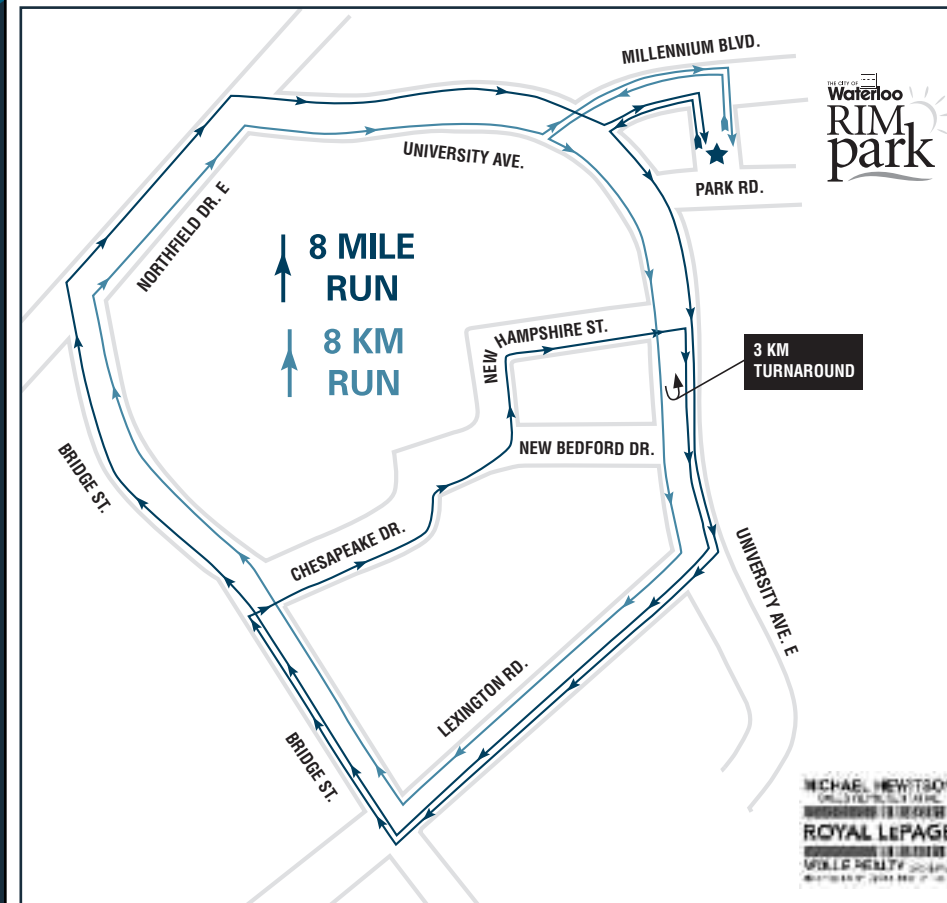
Telephone: 226-750-0017 **Email:** Lloyd@RunWaterloo.com
Mail: 2 Weberlyn Cres., Conestogo ON N0B 1N0

RESULTS

Computerized timing and race results by ChipTime Results. Results will be available race day, and after the race on the Websites:

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

COURSES



★ **START & FINISH AT RIM PARK**

COURSE DETAILS

- Each KM will be clearly marked.
- Times will be called at the Mile mark and at the 5 KM mark.
- There will be water stations on the course.

8 KM & 8 Mile courses are certified distances.

Courses are subject to change pending approvals and course certification.

COURSE SUPPORT

Waterloo Regional Police, Waterloo Regional REACT, First Aid and clearly identified volunteers will assist you every step of the way.



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.

PHOTOS

Check out our website at www.RunWaterloo.com for thousands of race photos - all free to download.

