2016 RunWaterloo Event Calendar - Races for Everyone								
February 21	19th Annual RIM Par "Re-Fridgee-Eighter" Waterloo, Or 8 KM or 8 Mile Run A Frosty Favo & 3 KM Fun Run ^{Keep pace with} your	itario urite	August 7-14 14th Annual 8 Days, 7 Stages, 160 KM, Supporting: * ENDUR run International 1 Tough Runner Supporting: * International 160 KM 8 Days, 7 Stages, 160 KM, Supporting:					
March 20	9th Annual Wilfrid La Laurier Loop University, V 10 KM, 5 KM, 2.5 KM 'Round' up I & Relay Road Races Run with the	Friends	August 20 2nd Annual Runway 2 Mile Race & Fun Run					
April 2	2nd Annual Woolwich M Pancake Mile Centre, El		August 28 3rd Annual Supporting: Kitchener Kids with Cancer Waterloo Region Disport of Museum, Kitchener 5 KM & 10 KM Trail Run & Walk Waterloo Region					
April 9 & 16 ENDUR:::@	14th AnnualLions HENDURraceElmira, On5 KM & 8 KM RunningCan you ENDSeries & 2.5 KM Fun RunsTwo times th	tario URE it? Lutherwood	September 24 3rd Annual Harvest Half Marathon Quarter Marathon & Half Mile Kids Run St. Clements St. Clements Community Centre St. Clements, Ontario Travel the Gravel The Kenyan Way					
May 14	3rd Annual Wilmot Baden Road Races Recreation Co 7 Mile, 5 KM & 1 KM Conquer the To & 200m Kids Run Ring the Bo	omplex Aldaview Services ario Wilmot Family Resource Centre Interfaith Community wer Hill Counselling	e October 23 20th Annual Supporting: The October <i>fast</i> Run Waterloo Park, 10 KM, 5 KM Waterloo & 200m Kids Run A Fall Classic					
May 28 IN RUNNING COLOUR	4th Annual Columbia In Running Colour Waterloo, 4 KM & 1 KM Spring in to Fun Run The most colourful re-	Ontario	November 5 8th Annual Royal Canadian Legion, Supporting: REMEMBER run 11 KM, 5 KM Preston Branch 126 Supporting: 11 KM, 5 KM 2.5 KM Run Run to Remember The Preston Legion					
	39th Annual University SWaterloo ClassicWaterloo, CRoad RacesFun In The10 KM, 5 KM & 3 KM RunIt runs in the	Intario Sun	December 10 5th Annual Stork Family YMCA Waterloo, Supporting: tbe Santa Santa Pur-suit Stork Family YMCA Waterloo, Ontario Fundation SKM, 3 KM Stork Family YMCA Waterloo, Ontario Suit Up! You will have a Jolly Good Time You will have a Jolly Good Time					
July 10	7th Annual Dirty DashBechtel F6 KM, 3 KM, 1 KM Kids Fun Run & 1 KM Dirty Dog DashFun In The We hope it	Intario Mud	June 19 4 races, 1 championship Waterloo Classic 10 K August 20 August 20 BATTLE OF WATERLOO Runway 2 Mile October 23 October 5 October 5 October 10 K					
July 24	2nd Annual Downtown Kitchener Mile		FREE SUPPORT T-shirts, collect them all PLAN Your local charitable community FABULOUS Your annual personal EXPERT Post-race refreshments Fitness schedule CHIP timing and results GREAT ENJOY REWARDING Draw prizes Family, fitness, Post-race massage FANTASTIC friendship and fun EXERCISE Fundraising prizes Your community spirit					
PHOTOCOPIES OF THIS FORM ARE ACCEPTABLE. ONLY <u>ONE</u> PARTICIPANT PER FORM. THE 2016 ENDUR <i>race</i> 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 o trained to participate in this even of the undersigned in any adver	rganizations or organizers and all their respective agents a ent, and that I have full knowledge of the risks involved in a tising or promotions. I understand entry fees to be non-tra	nd representatives as a result of my participation in such participation, and fully accept such risks. I her nsferable, non-deferrable, and non-refundable. By	n in this event. I specifically acknowledge that I have read the above warning and understand it, that I am physically fit and sufficiently hereby agree to periodic electronic and physical mailings, and I consent to the reproduction of any photographs, video and voice recordin By submitting this, I acknowledge having read, and understood, and agreed to the above waiver, release and indemnification. IMPORTANI orporated under the laws of the Province of Ontario and all rights and remedies shall be governed accordingly. EVENT ENTERED: 5 KM Run - April 9 \$40 2.5 KM Run - April 9 \$15					
FIRST Name			(CHECK ☑ ONE ONLY) 8 KM Run - April 16 □ \$45 2.5 KM Run - April 16 □ \$15 Both □ \$60 Both □ \$25					
LAST Name Street Address & Ap	partment #		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					
Town			TEAM CATEGORIES TEAM NAME Parent / Child (2 person team) Spouses (2 person team)					
Province Postal C Area Code Tel		Office Use Only	Corporate (min 3 person team) School (min 3 person team) Open (min 5 person team)					
Sex (M/F):		Preferred T-Shirt Size: M/F - XS,S,M,L,XL)	ONLY if entering Weight Male - 180-199 lbs Male - 200+ lbs Category , check ☑ Female - 150-169 lbs Female - 170+ lbs					

economical INSURANCE





AWARDS for EACH race, plus additional awards for combined times of BOTH races

5 KM - SATURDAY, APRIL 9, 2016, 6:00 p.m.

PROUDLY SUPPORTED BY





MICHAEL HEWITSON SALES REPRESENTATIVE





ROYAL LEPAGE WOLLE REALTY SRIENAGE







FOR RUNNERS, JOGGERS, WALKERS & FAMILIES OF ALL AGES & ABILITIES...www.RunWaterloo.com

14TH ANNUAL

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! 2016

8 KM - SATURDAY, APRIL 16, 2016, 6:00 p.m. 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 "2016 Completion Sticker" (Collect each years' sticker to complete your certificate) **ENJOY** Family, Fitness Friendship and Fun **FREE** Fabulous Post-Race Refreshments with Musical Entertainment

f RunWaterloo RunWaterloo

www.RunWaterloo.com

5 KM AND 2.5 KM

SATURDAY, APRIL 9, 2016 6:00 p.m. Lions Hall, Elmira, Ontario

REGISTRATION OPTIONS

For Mail In or Drop Off entries is Tuesday, April 5. Deadline After that date, entries will be accepted on Friday, April 8 or Saturday, April 9 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, 55 Erb St. E., Waterloo, by 5:00 p.m. On-line www.RunWaterloo.com until Wednesday, April 6, 6:00 p.m. Fridav At Runners' Choice, 55 Erb St. E., Waterloo April 8 from 5:00 p.m. to 7:00 p.m. Saturday At Lions Hall, 40 South St. W., Elmira April 9 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 8, 5:00 p.m. to 7:00 p.m. or

Lions Hall on Saturday April 9, 4:00 p.m. to 5:30 p.m.

ENTRY FEES

5 KM - April 9 \$40 2.5 KM - April 9 \$15 8 KM - April 16 \$45 2.5 KM - April 16 \$15 BOTH \$60 BOTH \$25 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 ENDUR*race*. Send completed entry form with cheque or money order to: The ENDURrace 2 WEBERLYN CRESCENT, CONESTOGO, ON NOB 1NO

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						
20 - 24	20 - 24 55 - 59		TEAM CATEGORIES				
25 - 29	60 - 64			Child (2 person			
30 - 34	65 - 69		 Spouses 	; (2 person team)		
35 - 39	70 +		Corporat	te (min 3 person	team)		
			 School (min 3 person tea	am)		
			• Open (m	in 5 person tean	n)		

POST RACE

Enjoy a variety of refreshments, draw prizes and a post race massage following your run.

- $^{\circ}_{\circ}$ kw health connection
- chiropractor naturopath massage

INFORMATION

Contact Lloyd Schmidt, Race Director: Telephone: 226-750-0017 Email: Llovd@RunWaterloo.com Mail: 2 Weberlyn Cres., Conestogo ON NOB 1N0

8 KM and 2.5 KM

SATURDAY, APRIL 16, 2016 6:00 p.m. Lions Hall, Elmira, Ontario

REGISTRATION OPTIONS

Deadline	For Mail In or Drop Off entries is Tuesday, April 12. After that date, entries will be accepted on Saturday, April 16 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, 55 Erb St. E., Waterloo, by 5:00 p.m.
On-line	www.RunWaterloo.com until Wednesday, April 13, 6:00 p.m.
Friday April 8	At Runners' Choice, 55 Erb St. E., Waterloo from 5:00 p.m. to 7:00 p.m.
Saturday April 16	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 8, 5:00 p.m. to 7:00 p.m. or Lions Hall on Saturday April 16, 4:00 p.m. to 5:30 p.m.

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!

AWARDS

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, April 25, 2016.

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 ENDURrace Champions"

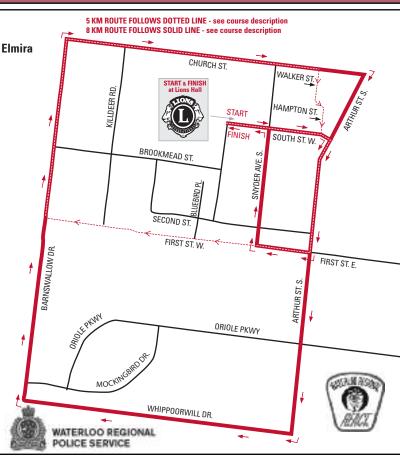
RESULTS

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.chiptimeresults.com

www.roadraceresults.com www.runnerschoicewat.on.ca

www.RunWaterloo.com



COURSE SUPPORT

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

PHOTOS



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.

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