



### 5 KM AND 2.5 KM

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

#### REGISTRATION OPTIONS

**Deadline** For **Mail In** or **Drop Off** entries is Tuesday, April 5. 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 N0B 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.

**Friday April 8** At *Runners' Choice*, 55 Erb St. E., Waterloo from 5:00 p.m. to 7:00 p.m.

**Saturday April 9** 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 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 ENDURace.**  
**Send completed entry form with cheque or money order to:**  
**The ENDURace**  
**2 WEBERLYN CRESCENT, CONESTOGO, ON N0B 1N0**

#### 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	<b>TEAM CATEGORIES</b>	
20 - 24	55 - 59	• Parent / Child (2 person team)	
25 - 29	60 - 64	• Spouses (2 person team)	
30 - 34	65 - 69	• Corporate (min 3 person team)	
35 - 39	70 +	• School (min 3 person team)	
		• Open (min 5 person team)	

#### POST RACE

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

**kw health connection**  
 chiropractor • naturopath • massage

#### INFORMATION

Contact Lloyd Schmidt, Race Director:  
**Telephone:** 226-750-0017 **Email:** Lloyd@RunWaterloo.com  
**Mail:** 2 Weberlyn Cres., Conestogo ON N0B 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 N0B 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 ENDURace 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.roadraceresults.com**  
**www.chiptimeresults.com** **www.runnerschoicewat.on.ca**

### 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.

**COURSE SUPPORT**  
 Waterloo Regional Police, 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](http://www.RunWaterloo.com) for thousands of race photos - all free to download.

