

WELCOME

You won't want to miss this race!



The Laurier Loop is fun, challenging, and with the unique course design, very exciting too! The course is a certified 2.5 KM loop starting and finishing at the Wilfrid Laurier University campus. Choose a 4-loop 10 KM run, a 2-loop 5 KM run, a 1-loop 2.5 KM run or participate in one of three Relays. With family and friends cheering you on as you pass through each loop, 'round' up your friends and run with the Hawks!

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 Sun Life Financial Movement Disorders Research & Rehabilitation Centre (MDRC). With your entry you will help us reach our objective.

Take the challenge, join your friends and fellow runners and participate in the 9th Annual Laurier Loop.

RACE START

10:00 a.m. Starting and finishing at the Wilfrid Laurier University campus.

Directions to Wilfrid Laurier University:

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 left at King St. N. and the campus is on your right.

Parking:

Limited on-campus parking. Additional parking at University Stadium on Seagram Drive is available.

ENTRY FEES

INDIVIDUAL:	2.5 KM	\$30	RELAY:	5 KM (2 X 2.5 KM)	\$30 ea
	5 KM	\$35		10 KM (4 X 2.5 KM)	\$30 ea
	10 KM	\$40		10 KM (2 X 5 KM)	\$35 ea

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 \$105.

Family discounts do not apply to Relays.

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 Laurier Loop.

Send completed entry form with cheque or money order to:

Laurier Loop

2 Weberlyn Crescent, Conestogo, ON N0B 1N0

REGISTRATION OPTIONS

Deadline For Mail-In or Drop-Off entries is Tuesday, March 15. After that date, entries will be accepted on Saturday, March 19 or Sunday, March 20 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, March 16, 6:00 p.m.

Sat. Mar. 19 At Runners' Choice, 55 Erb St. E., Waterloo from 10:00 a.m. - 1:00 p.m.

Sun. Mar. 20 Wilfrid Laurier University Science Building, Waterloo from 8:00 a.m. - 9:30 a.m.

KIT & CHIP PICK UP

Race Kits Can be picked up at:

Runners' Choice, Saturday, March 19, 10:00 a.m. - 1:00 p.m.

WLU Science Building, Sunday, March 20, 8:00 a.m. - 9:30 a.m.

INDIVIDUAL CATEGORIES (AGE OR WEIGHT)
RELAY & TEAM CATEGORIES

AGE CATEGORIES

Up to 9 (2.5 KM Event Only)	35 - 39
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
	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)

RELAY CATEGORIES

5 KM	2 X 2.5 KM
10 KM	4 X 2.5 KM
10 KM	2 X 5 KM

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, March 28, 2016.

INDIVIDUAL - 10 KM, 5 KM, 2.5 KM EVENTS:

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.

RELAY - 2 X 2.5 KM, 4 X 2.5 KM, 2 X 5 KM EVENTS:

Will be presented to the Top 3 Relay Teams in each Relay Category.

TEAM - 10 KM, 5 KM, 2.5 KM EVENTS:

Will be presented to the 1st Place Team in each Team Category.

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, draw prizes 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.roadraceresults.com
www.chiptimeresults.com	www.runnerschoicewat.on.ca

THE COURSE (pending official approval)

The 2.5 KM Loop is a certified distance.

Course is subject to change pending official approval.

Course is marshalled, however, participants should familiarize themselves with the route.

Each KM is marked.

A clock will be visible at the start/finish line to note your time for each loop.

The results will indicate your split times for each loop.

There will be two water stations per loop.

The 10 KM event is 4 loops

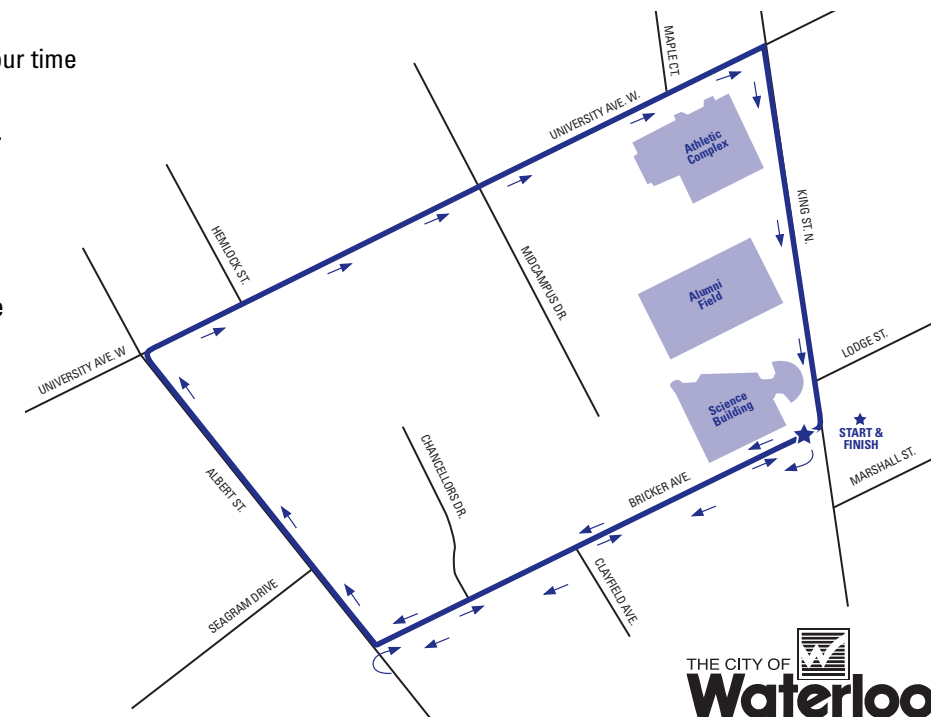
The 5 KM event is 2 loops

The 2.5 KM event is 1 loop

The Relay touch-off point will be at the start/finish line

The 2.5 KM Laurier Loop Course Description:

Starting on Bricker Avenue, right onto Albert Street, right onto University Avenue West, right onto King Street North, right onto Bricker Avenue, turnaround at Albert Street back to the start/finish line.



COURSE SUPPORT

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



WATERLOO REGIONAL POLICE SERVICE



PHOTOS

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

