#### 2016 RunWaterloo Event Calendar - Races for Everyone February 21 August 7-14 8 Days, 7 Stages, 160 KM, 14th Annual Supporting 19th Annual RIM Park 1 Tough Runner **ENDUR**run "Re-Fridgee-Eighter" Waterloo, Ontario JDRF IMPROVINGENCES. CURING TYPE I Waterloo Region, Ontario **ENDUR**run 8 KM or 8 Mile Run A Frosty Favourite International The Ultimate Challenge 160 KM & 3 KM Fun Run The 'Tour de France' of Runnin March 20 August 20 9th Annual Supporting: Wilfrid Laurier 2nd Annual Region of Waterloo It's a run Laurier Loop University, Waterloo Runway International Airport on the runway 'Round' up Friends 10 KM, 5 KM, 2.5 KM $\bigcirc$ MDR( 2 Mile Race & Fun Run & Relay Road Races April 2 August 28 Supporting: 3rd Annual Eat a pancake. 2nd Annual Woolwich Memorial run a quarter mile, Kitchener Kids with Cancer Waterloo Region POGO.ca Museum, Kitchener Centre, Flmira repeat 4 times. Pancake Mile 5 KM & 10 KM RUNEWALK 4 pancakes, 1 mile FOR KIDS WITH CANCER FOR NOW, FOR LIFE Trail Run & Walk **April 9 & 16** Supporting: September 24 3rd Annual St. Clements Supporting: 14th Annual Lions Hall Community Centre **Harvest Half Marathon ENDUR**race Elmira, Ontario St. Clements, Ontario ENDUR: 1909 WENTAN AHIDT Can you ENDURE it? Lutherwood 5 KM & 8 KM Running **Quarter Marathon & Half** Travel the Gravel Series & 2.5 KM Fun Runs Two times the fun Mile Kids Run The Kenyan Way May 14 October 23 Supporting: Supporting: 20th Annual 3rd Annual Recreation Complex Aldaview Services Waterloo Park, Cambridge HOSPITAL Foundation **Baden Road Races** The October fast Run Wilmot Family Resource Centre Interfaith Community Baden, Ontario Waterloo 7 Mile, 5 KM & 1 KM Conquer the Tower Hill 10 KM, 5 KM Counselling & 200m Kids Run & 200m Kids Run A Fall Classic **May 28** November 5 Supporting: 8th Annual Royal Canadian Legion, Supporting: 4th Annual Columbia Lake Preston Branch 126 IN RUNNING COLOUR REMEMBER run In Running Colour Waterloo, Ontario REMEMBEREUN Cambridge 4 KM & 1 KM Spring in to Colour 11 KM, 5 KM Special Olympics A Run to Remember The most colourful run of the Spring & 2.5 KM Run Fun Run Poppy Fund Keep The Memory Alive December 10 June 19 Supporting: 5th Annual Supporting: 39th Annual Stork Family YMCA Waterloo. University Stadium Waterloo Classic Waterloo, Ontario Santa Pur-suit Ontario $\setminus \mathbf{v}$ Suit Un! **Road Races** Fun In The Sun Pur suit 5 KM, 3 KM Extend A Fomily & 1 KM Fun Run You will have a Jolly Good Tim 10 KM, 5 KM & 3 KM Run 4 races, 1 championship Waterloo Classic 10 KM July 10 7th Annual Supporting: June 19 Bechtel Park August 20 **BATTLE OF WATERLOO Dirty Dash** Waterloo, Ontario Runway 2 Mile DIRTY Fun In The Mud October 23 Octoberfast 5 KM 6 KM, 3 KM, 1 KM Kids Fun Paire Pant We hope it rains REMEMBERrun 11 KM November 5 Run & 1 KM Dirty Dog Dash The Battle Continues SUPPORT July 24 T-shirts, collect them all Your local charitable community EXPERT 2nd Annual Your annual personal Fitness schedule ENJOY Carl Zehr Square, P timing and results REWARDING An urban course, Downtown Kitchener a fun atmosphere Draw prizes FANTASTIC t-race massage EXERCISE Kitchener Mile PHOTOCOPIES OF THIS FORM ARE ACCEPTABLE. ONLY <u>one</u> participant per form, THE 2016 LAURIER LOOP ENTRY AND WAIVER FORMS nce of my entry, I nereby, on benard of mysert, my neirs, executors, administrators and assigns, waive and release air rights and claims for damages that I may nave against me civil offices, any sponsors, 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 Lomphysically fit and sufficiently 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 recording feet 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. IMPORTAN erated 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. (CHECK IN ONE ONLY)

# 5 KM (2 X 2.5 KM) \$30 ea 10 KM (4 X 2.5 KM) \$30 ea 10 KM (2 X 5 KM) \$35 ea 2.5 KM \$30 5 KM \$35 **FIRST Name** es that entry fees are not refur f the Entrant is under 18 years of age, a parent/guardian must sign this Waiver Form Street Address & Apartment # 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's RELAY & TEAM CATEGORIES Parent / Child (2 person team) Spouses (2 person team) Email Address Corporate (min 3 person team) School (min 3 person team) Open (min 5 person team) Telephone Number Relav Check ☑ if a Preferred T-Shirt Size: Race Day: (M/F - XS,S,M,L,XL) Laurier Alumni Category , check ☑ Female - 150-169 lbs



# Laurier 9th Annual LOOP Laurier Loop



10 KM, 5 KM, 2.5 KM & Relay Road Races

www.RunWaterloo.com







**Sunday, March 20, 2016** 

**DONATED TO** 

10:00 a.m.

Wilfrid Laurier University, Waterloo ON

# **SPONSORED BY**



Elmira and Elora

**Mike Forgrave** 

**≅** Associates











# HIGHLIGHTS

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 Musical Entertainment

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▼ Twitter@RunWaterloo

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

#### 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

#### 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		<b>10 KM</b> (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 NOB 1NO

# REGISTRATION OPTIONS

Deadline	For <b>Mail-In</b> or <b>Drop-Off</b> 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 NOB 1NO

Drop-Off At Runners' Choice, 55 Erb St. E., Waterloo, by 5:00 p.m. www.RunWaterloo.com until Wednesday, March 16, 6:00 p.m. Online

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** 35 - 39 Up to 9 (2.5 KM 40 - 44 Event Only) 45 - 49 Up to 12 50 - 54 13 - 15 55 - 59 16 - 19 60 - 64 20 - 24 65 - 69 25 - 29 30 - 34

**WEIGHT CATEGORIES** 

180-199 lbs

150-169 lbs

Female

# **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

200 + lbs

170 + lbs

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 NOB 1NO

# 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

# 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

# COURSE SUPPORT

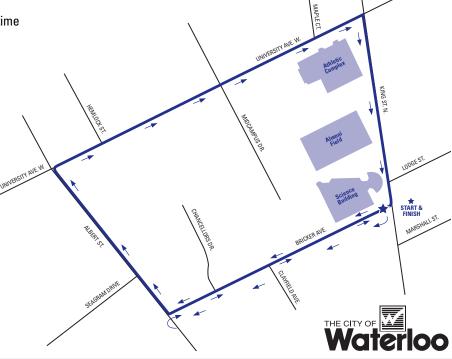
Waterloo Regional Police, Waterloo Regional REACT, First Aid and clearly identified volunteers will assist you every step of the way.



WATERLOO REGIONAL POLICE SERVICE

# 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.



# **PHOTOS**

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

