

# Kingston Road Runners Association Race Series Event #1



PRESENTS...

## 30<sup>TH</sup> ANNUAL RESOLUTION RUN

... AND THIRD ANNUAL ...



Kingston  
Brewing  
Company



**COLLEEN'S  
MEMORIAL  
EVENT** 5 KILOMETRE  
FUN RUN/WALK

**KRRA  
SILVER SPONSORS**



### Sunday January 3, 2010

**Kingston Military Community Sports Centre  
RMC, Kingston, Ontario**

<b>9:00 am</b>	- Race Registration/Race kit pickup
<b>9:30 am</b>	- Kids fun run (Indoor track)
<b>9:45 am</b>	- Memorial Event Registration
<b>10:00 am</b>	- 8 km race
<b>10:15 am</b>	- Colleen's Memorial Run/Walk
<b>11:00 am</b>	- Awards/Draws/Chili!

**Early race-kit pickup** Sat., Jan. 2, at Runners' Choice,  
260 Princess Street, from 11 a.m. to 4 p.m.

**Medals** – to the top 3 runners in KRRA age categories

**Great Draw Prizes From Our Sponsors**

**And, the Kingston Brewing Company...**  
... is again serving Post-Race Chili and Vegi Chili

**GOLD SERIES  
SPONSOR**



"Eastern Ontario's  
Running & Walking  
Specialty Store."

**EVENT SPONSOR**



**PROGRESS  
PHYSIOTHERAPY**  
"Providing healthy  
mobility for  
an active lifestyle"

### OFFLINE ENTRY FEES

**8km Race:** \$35 individual, \$75 family (up to 5 members)  
\$30 KRRA Members and Members of Military

(Race-day entry is \$35 for ALL individuals!)

**1 Mile Fun Run:** Free, for kids under 12  
Certificate of Participation, but **no T-shirts**

**Resolution Run Long-Sleeved T-Shirt**

**Guaranteed to 8km runners if entry received by Dec 26, 2009**

**Memorial Event participants raising \$50 or more  
are eligible for a special event award!**

**Pledge sheets available at KRRA.org and Runners' Choice.**



*Proceeds from  
the 2010 Colleen's  
Memorial Event  
will go to the  
Andy Fund of  
Kingston in  
memory of  
Colleen Wall.*

# Entry Form - KRRA RESOLUTION RUN

Bib #:  
(internal use)

Please make cheque payable to "Kingston Road Runners Association"  
Mail to, or drop off at **RUNNERS' CHOICE**  
260 Princess Street, Kingston, Ontario K7L 1B5 (613) 542-2410

## 8 km Resolution Run

\*\*\* NO REFUNDS \*\*\*

Name: \_\_\_\_\_ Sex: M  F

Address: \_\_\_\_\_ City: \_\_\_\_\_ Prov./State: \_\_\_\_\_

Postal/ZIP Code: \_\_\_\_\_ Phone: \_\_\_\_\_ Entry Fee:  \$35 Individual  
 \$30 KRRA Member  
 \$30 Military (non-KRRA)  
 \$75 Family (max 5 family members)

Age on Dec. 31, 2010:  (Mandatory).

Sweat-shirt Size: S  M  L  XL  (if entered by Dec. 26, 2009)

**Note: Race-day entry fee is \$35 for ALL individual entries!**

## Children's Fun Run (under 12 years old; free but no T-Shirt)

Child 1 First and last name \_\_\_\_\_ Age \_\_\_\_\_

Child 2 First and last name \_\_\_\_\_ Age \_\_\_\_\_

Child 3 First and last name \_\_\_\_\_ Age \_\_\_\_\_

\*\*\* Please sign waiver below on behalf of your child(ren). Thanks. \*\*\*

**WAIVER:** In consideration of acceptance of the entry and in signing this waiver and release, I for myself, my family members, heirs, executors, administrators and assigns, waive any claim to which I may become entitled for injury or damage and the City of Kingston, the Department of National Defence, the Kingston Road Runners Association, the race directors and race committee, sponsors, or their representatives, agents and employees, suffered by me as a result of attendance at or participating in this event.

**Signature:**

\_\_\_\_\_ **Date:** \_\_\_\_\_

**Signature of Parent/Guardian (if entrant is under 18 years):**

\_\_\_\_\_ **Date:** \_\_\_\_\_