

Know who to turn to



2005 Road & Trail Series, Race Four

# RUN WITH THE WILD

Canadian Diabetes Association

## 5 km Cross Country Run

Lemoine's Point Conservation Park  
(North Entrance) - Kingston

**Sunday, May 15, 2005 - 11 a.m.**  
RAIN or SHINE

Medals awarded to top three runners in each age category

Post race refreshments and door prizes

T-SHIRTS given to the pre-registers before May 7, 2005

A prize will be awarded to the top male and top female runners

**KRRA** members will receive points for this event for the 2005 *Road & Trail Series*

**VOLUNTEERS NEEDED!** Please contact April at **542-3579**

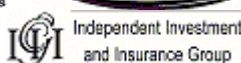
### Major Race Sponsor



### Race Sponsors



### Series Race Sponsors



Independent Investment and Insurance Group

## 2005 KRRA Road and Trail Series

Resolution 8K Run, January 2  
Twosome 5K Run, February 13  
Half Marathon & 5K, May 1st  
Limestone Mile, July 1

Diabetes 5K X-Country, May 15  
Beat Beethoven, June 5  
Hotel Dieu Run, September 17  
Anniversary Run, November 6  
(date pending)

**Name:** \_\_\_\_\_ **Sex:** Male \_\_\_\_ Female \_\_\_\_\_

**Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **Postal Code:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Email address:** \_\_\_\_\_

**Age on Jan. 1, 2005:** \_\_\_\_\_

**Entry Fees:** Pre Registered Non Member -\$20      Member of KRRA - \$17  
On Race Day Everyone - \$25      Waive the \$3 fee and donate to charity?

**NO REFUNDS**

**T-Shirts Size:** M      L      XL      (Register By May 7, 2005)

**\*\* Make cheque payable to CANADIAN DIABETES ASSOCIATION \*\***

**Mail To:** Canadian Diabetes Association  
400 Elliot Avenue, Suite 2  
Kingston, Ontario, K7K 6M9  
(mail before May 6, 2005.)

**Drop Off:** Runner's Choice, Kingston

**WAIVER:** In consideration of your accepting my entry, or the entry of my child or ward, I, for myself, my heirs, my child or ward, my executors, and administrators of those of my child or ward, do hereby release and forever discharge the Canadian Diabetes Association, the Cataraqui Region Authority (Lemoine's Point), the Kingston Road Runners Association, the race director and race committee, sponsors, or their representatives, agents and employees, competitors and persons associated with the event from and against any kind of actions, claims, and costs with respect to death, injury, loss or damage, occurring prior to, during, or subsequent to the event, to my person or property however caused and not withstanding that the same may have contributed to or occasioned by the negligence of any of the aforementioned. I acknowledge that I have read and agree to the Waiver of Liability above.

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

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

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

Check out the **KRRA** website at [www.kr-ra.org](http://www.kr-ra.org) for information on running activities in and around  
**KINGSTON**