



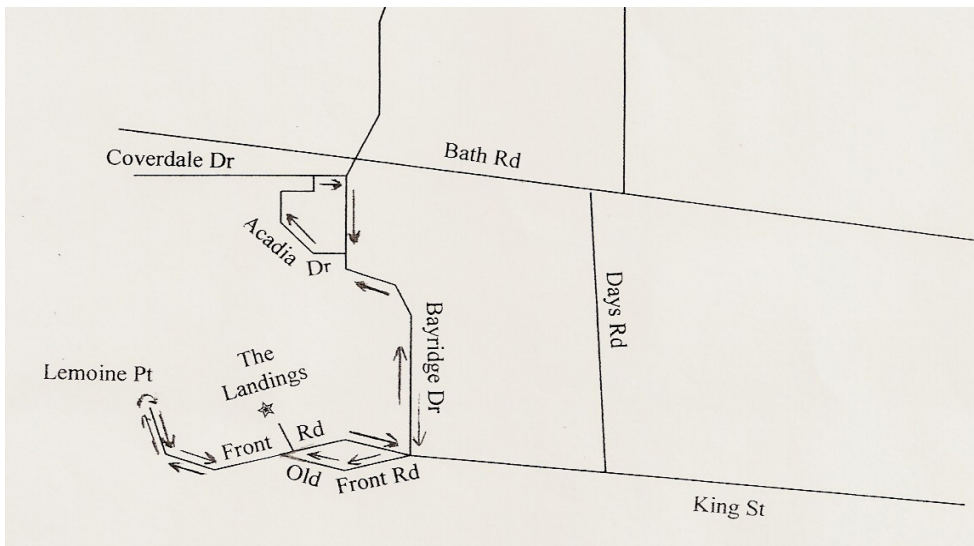
2009 KRRA Road & Trail Series, Race 10
2009 KRRA ANNIVERSARY 10K RUN at The Landings Golf Course
Sunday Nov. 1, 2009

RACE START: 1:00 pm. – 10 K (Male & Female)

Race Day Registration and Race Package pick-up will begin at The Landings Pro Shop starting at 11:30 a.m..

PRIZES – to Women/Men overall winners:
Medals/Awards – to top 3 in each age category (male and female)
 (under 20, 20-29, 30-39, 40-49, 50-59, 60-69, 70+)
 Long-sleeved t-shirt guaranteed if you register by Oct. 16, 2008

Post Race Refreshments – Great prize give-aways!
 All participants and volunteers are eligible for draw prizes!
Volunteers: If you are interested in volunteering for this event, please contact
Ed Brand at anniversaryrun@gmail.com or 613-389-2029



RACE COURSE

Start at The Landings (star on map) east on Front Rd.; north on Bayridge Dr.; west on Acadia Dr.; north on Walden Gate; east on Coverdale Dr.; south on Bayridge Dr.; west on Old Front Rd.; west on Front Rd.; north to South Parking Lot of Lemoine Point; south and east along Front Rd.; **Finish at The Landings (star on map)**

2009 KRRA Road and Trail Series: Resolution 8K Run, Jan 4; Twosome 5K Run, Feb 15; Kid Fest Half Marathon, 10K & 5K, Apr 25 & 26; Run With The Wild 5K X-Country, May 10; Beat Beethoven 8K, Jun 7; K's For Kids, June 21 Limestone Mile, Jul 1; Big Gun Run, Aug. 23; Brockville Half Marathon, Sept 12; Anniversary 10K, Nov1

 (please detach and return by mail or drop off at Runners' Choice)

ENTRY FEES

KRRA Members: \$17 Non-members: \$20 Race Day Registration for all runners: \$25

****NO REFUNDS****

- Please make cheque payable to "KRRA"
- Mail to: Ed Brand, 1126 Dunham St., Kingston, ON K7P 2L4
- Drop off at Runners' Choice, 260 Princess Street, Kingston

Name: _____ Gender (circle): Male Female

Address: _____

City: _____ Postal Code: _____

Email: _____

Age: (on Jan.1, 2009): _____ KRRA member: yes / no (please circle)

Shirt Size: XL L M S

(to be sure of receiving a shirt, mail & on-line entries must be received by Oct. 16/09)

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 Corporation of the City of Kingston, the Kingston Road Runners Association, Kingston City Community Police Volunteers, Kingston City Police, 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)

Date: _____

Registration is also available online at http://www.eventsonline.ca/events/runnerschoice_krra/