



2010 Kingston  
Road Runners Association  
Road and Trail Race Series

# Runners' Choice Adidas Limestone Mile

## Thursday July 1st, 2010

### *RACE START*

9:00am – Junior Mile (13 and under)

9:15 - High School Mile (grades 9-12)

9:30am - Women's Mile

9:45am - Men's Mile

Race Day Registration and Race Package pick-up will begin  
in Confederation Basin starting at 7:45am.

**CASH PRIZES – to Women/Men overall winners:**

**1st place: \$150      2nd place: \$100      3rd place: \$50**

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 John Reid at [john@ironstride.com](mailto:john@ironstride.com)**

Join your local running club! KRRRA members who participate in the required number of races will be eligible for Series awards including cash prizes as well as awards in 6 categories! Membership applications are available at [www.runkingston.com](http://www.runkingston.com). See the KRRRA website for membership application and information.

### ENTRY FEES

Women/Men \$20, For KRRRA members \$17, race day registration \$25

Kids UNDER 13 (as of January 1<sup>st</sup>, 2010) FREE thanks to our sponsors at Ironstride Triathlon Training

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

- Please make cheque payable to “KRRRA”
- Mail to: KRRRA, P.O. Box 1412, Kingston, Ontario K7L 5C6
- Or, drop off at Runner’s Choice: 260 Princess Street, Kingston

EVENT (circle one) KIDS HIGHSCHOOL WOMEN’S MEN’S

GENDER (circle one) MALE FEMALE

Name: \_\_\_\_\_

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

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone: \_\_\_\_\_ Email Address: \_\_\_\_\_

2009 KRRRA Member? Yes or No (circle) Amount Paid: \$ \_\_\_\_\_

Note: If Family Membership, please complete a separate registration for each family member.

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 directors 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 notwithstanding that the same may have contributed to or occasioned by the negligence of any of the aforementioned.

Signature: \_\_\_\_\_

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

\_\_\_\_\_

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