



Bib# _____

2010 KRRA Road & Trail Series, Race 10
2010 KRRA ANNIVERSARY 10K RUN at The Landings Golf Course
Sunday Nov. 7, 2010

3K Dog Walk

in support of



DOG WALK START: 12:00 p.m. (register on race day)

10K 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:

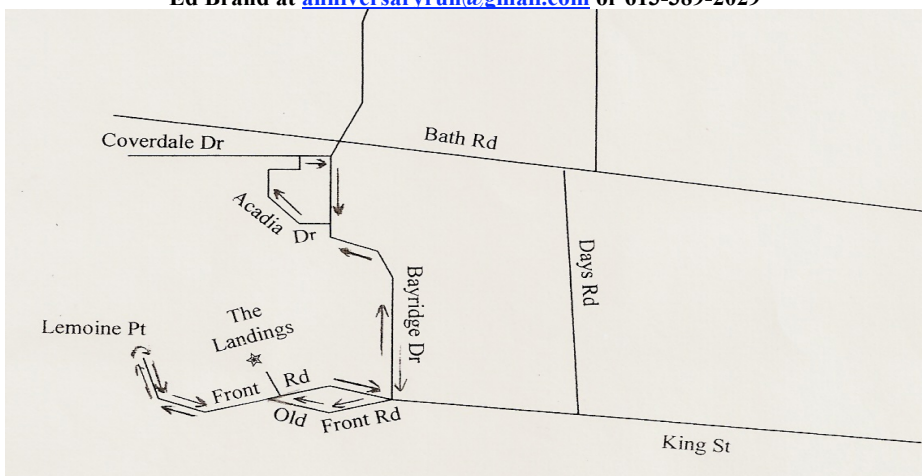
Medals/Awards – to top 3 in each age category (male and female)
(under 20, 20-29, 30-39, 40-49, 50-59, 60-69, 70+)

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)**

2010 KRRA Road and Trail Series: Resolution Run 8K, Jan 3; Twosome Run 5K, Feb 14; Kid Fest Half Marathon/10K /5K, Apr 24 & 25; Beat Beethoven 8K, June 6; K's For Kids, June 13; Limestone Mile, Jul. 1; Brockville Half Marathon, Sept 11; Run With The Wild 5K X-Country, Sept. 18; Flight at Fort Fright 5K Oct 30; Anniversary Run 10K, Nov 7

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

ENTRY FEES

KRRA Members: \$22 Non-members: \$25 Race Day Registration for all runners: \$30

****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 (temporarily at 262 Princess St.)

Name: _____ Gender (circle): Male Female

Address: _____

City: _____ Postal Code: _____

Email: _____

Age: (on Jan.1, 2010): _____ D.O.B. ____/____/____ KRRA member: yes / no (please circle)
DD MM YYYY

Shirt Size: XL L M S (long-sleeved tech shirt to first 80 entrants)

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/