



**2011 Kingston
Road Runners Association
Road and Trail Race Series**

Runners' Choice Adidas

Limestone Mile

Friday July 1st, 2011

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 draw prizes!

All participants and volunteers are eligible for draw prizes!

**Volunteers: if you are interested in volunteering for this
event, please contact krro_secretary@hotmail.com**

ENTRY FEES

Women/Men \$20, For KRRR members \$10 (until June 30, 2011);

Race Day registration \$25

Kids UNDER 13 (as of January 1, 2011): \$5

- Please make cheque payable to "KRRR"
- Mail to: KRRR, P.O. Box 1412, Kingston, Ontario K7L 5C6
- Or, drop off at Runner's Choice: 56 Brock Street, Kingston

**** NO REFUNDS****

Join your local running club! KRRR members (as of July 1, 2001) who participate in the series races will be eligible for Series awards including cash prizes as well as awards in 6 categories! Membership information and applications are available at www.krra.org.

Name: _____

Address: _____

City: _____ Postal Code: _____

Phone: _____ Email Address: _____

2011 KRRR Member? Yes or No Amount Paid: \$ _____

Date of Birth _____ Age on Jan. 1, 2011 _____

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 not withstanding 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: _____

EVENT (circle one) KIDS HIGH SCHOOL WOMEN'S MEN'S

GENDER (circle one) MALE FEMALE