

LIMESTONE RACE WEEKEND starts at 3:45 p.m. on Saturday, April 28 with the KidsFest 3K run, followed at 5:00 p.m. by the Trauma 10K, a unique run that starts and finishes in Kingston's historic City Park. The 10K is an uncertified course with a start/finish time however; no official time will be recorded. Medals for overall top three males/females. Draw prizes for runners and volunteers.

Sunday at 9:30 a.m. the gun goes off to start the Limestone 5K and Half Marathon races. Runners in both events race along our beautiful waterfront to the finish in front of Kingston's 170 year-old City Hall. Post race awards, music and hot chili from the Brew Pub.

Race Weekend

Half/5K Race Kit Pick-up

Runners' Choice (56 Brock Street)

4:00 p.m. - 7:00 p.m. Friday, April 27

10:00 a.m. - 3:00 p.m. Saturday, April 28

Confederation Park

7:00 a.m. - 9:00 a.m. Sunday, April 29

Start2Finish 3K at City Park

Saturday, April 28

2:30 p.m. Registration at City Park

3:45 p.m. Race Start

4:15 p.m. Race Awards

KGH Trauma 10K at City Park

Saturday, April 28

3:30 p.m. Registration and race kit pickup at City Park

5:00 p.m. Race Start

6:30 p.m. Race Awards

Half Marathon/5K at Confederation Park

Sunday, April 29

7:00 a.m. Registration & Race Kit Pick-Up

9:30 a.m. Half Marathon/5K Start

10:30 a.m. Race Awards 5K

11:45 a.m. Race Awards Half Marathon

Visit our website www.krra.org for race map routes.

Half/5K Awards

Top 3 overall and top 3 age group (19 & under, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & over) for both male and female in both events

\$500 Cash Bonus for New Half/5K Course Records

Half Marathon Record Holders

Male Steve Boyd 1:09.57 (2007)

Female Leslie Sexton 1:20.48 (2008)

5K Record Holders

Male Dylan Wykes 14.37 (2007)

Female Courtney Babcock 16.26 (2006)

Middle of the Pack Shoes

Runners' Choice will present a pair of shoes to the middle of the pack finisher in both events.

Out of Towner Award

Registered runner must submit receipt of April 28, 2012 for an overnight stay to Race Registration before awards. Award provided by Kingston Business Improvement Association (BIA).

Sunday Post Race

Hot chili (meat and vegetarian) provided by the **Kingston Brewing Company** plus fruit, bagels and cold drinks.

Race Accommodations

Four Points Sheraton www.fourpointskingston.com

Partners in the Community

Start2Finish

The KRRRA and the Limestone Race Weekend committee are proud to support Start2Finish Canada and their excellent Running and Reading clubs for children at public schools in Kingston.

KGH Trauma 10K

The KGH Trauma 10K run is a fund raiser for the Kingston Resuscitation Institute located at Kingston General Hospital. It is aimed at raising awareness and injury prevention of year round causes of trauma. Some examples are snowmobile and boating accidents, and car crashes, all of which are preventable.

BIB # _____

Select Event (s): Half: ____ 10K: ____ 5K: ____

KRRRA Member: Yes ____ No ____

1/2 M: \$60 April 1 - 29/\$50 before April 1/\$40 before March 16

10: \$35 April 1 - 28/\$30 before April 1/\$25 before March 16

5k: \$35 April 1 - 29/\$30 before April 1

(Make cheque payable to KRRRA)

Please print clearly!!

Last Name _____

First Name _____

Address _____

City _____

Province _____ Postal Code _____

Phone Number _____

Email _____

Gender: Male: ____ Female: ____

DOB _____

Day Month Year

Age on Jan. 1, 2012 _____

Shirt Size: Male: ____ Female: ____ S M L XL

Long-sleeved tech shirt, male & female sizes, for all Half/5K entries received prior to April 1, 2012.

Trauma 10K runners receive a T- Shirt

RELEASE WAIVER AND INDEMNITY

I hereby for myself, executors and administrators, waive, release and forever discharge any and all rights and claims that I may have, or which may hereafter accrue to me, City of Kingston, Kingston Road Runners Association, Runners' Choice, 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 arising from any injuries suffered by me in conjunction with these races. I also attest that I am physically fit to participate in these events.

Check to agree to waiver: _____

(Signature of Parent or Guardian if entrant under 18 years)



Limestone Race Weekend

APRIL 28 & 29, 2012



Register online at www.krra.org or www.eventsonline.ca.

OTHER GREAT KRRR RACES

Winter

Resolution Run 8K

Twosome Run 5k

Spring

Beat Beethoven 8K

Summer

Canada Day Limestone Mile

Fall

Brockville Half Marathon

Run With the Wild 5K

Flight at Fort Fright 5K

Anniversary Run 10K

Kingston Road Runners Association is a non-for profit organization dedicated to promoting running and fitness in the Kingston, Ontario area. Find out more about us at www.krra.org

Start2Finish 3K Race

Saturday, April 28 at 3:45 p.m.

KGH Trauma 10K Race

Saturday, April 28 at 5:00 p.m.

5K Race

Sunday, April 29 at 9:30 a.m.

Half-Marathon

Sunday, April 29 9:30 a.m.

Pricing

	Before Mar. 16	Mar. 16 – 31	Apr. 1-26
10k	\$25	\$30	\$35
5k	\$30	\$30	\$35
1/2 M	\$40	\$50	\$60

No Discounts after Apr. 26

Online registration will close at **midnight on Thursday, April 26th 2012**. Paper registrations can be dropped off at Runners' Choice (56 Brock Street). Race day entries will be accepted. Make cheques payable to KRRR. KRRR members receive a \$10 discount for the 5 or 1/2 and a \$5 discount for the 10k, on registrations received by April 26. Long sleeved tech shirt guaranteed for entries received by April 1, 2012. Trauma 10K runners will receive a shortsleeve T-Shirt and regular bib.

All entries are non-refundable and nontransferable.