



2007 KRRR Road & Trail Series, Race 7
**Runners' Choice Adidas
Limestone Mile**

Sunday July 1st, 2007

RACE START

9:00am – Junior Mile (13 and under)

9:15am – 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

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

Shirts guaranteed for first 100 who register,
or if you register by June 19th, 2007

Race T-shirts will be unisex sizing x-small available for children

FREE ICE CREAM CONE TO ALL JUNIORS!!!!

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 Amy Schneeberg at 9as47@qlink.queensu.ca

2007 KRRR Road and Trail Series

Resolution 8K Run, Jan 7
Twosome 5K Run, Feb 11
KidFest Half Marathon & 5K, Apr 28-29
Run With The Wild 5K X-Country, May 13
Beat Beethoven 8K, Jun 3

K's for Kids 5K, Jun 17
Limestone Mile, Jul 1
Brockville Half Marathon, Sept 8
Hotel Dieu 10K, Sept 22
Anniversary 10K, Nov 4

ENTRY FEES:

Women/Men: \$20
KRRR Members: \$17
Race day registration: \$25
Kids (13 or under as of Jan 1st 2007) without T-shirt: \$5
Kids with T-shirt: \$15

**** NO REFUNDS****

- Please make cheque payable to "KRRR"
- Mail to: KRRR, PO Box 1412, Kingston, ON, K7L 5C6
- Drop off at Runners' Choice, 260 Princess Street, Kingston

Event (circle): Junior High School Women's Men's

Name: _____ Gender (circle): Male Female

Address: _____

City: _____ Postal Code: _____

Email: _____

Age: (as of Jan 1st 2007): _____

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: _____