



**2009 Kingston
Road Runners Association
Road and Trail Race Series
Runners' Choice Adidas
Limestone Mile**

Wednesday July 1st, 2009

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

Shirts guaranteed for first 100 who register,
or if you register by June 25th, 2009

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

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 amyschneeberg@gmail.com

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

ENTRY FEES:

Women/Men \$20, \$17 for KRRA members, race day registration \$25
Kids (13 or under as for January 1st 2009) no t-shirt - \$5, Kids t-shirt - \$15
** NO REFUNDS**

- Please make cheque payable to “**KRRA**”
- Mail to: **KRRA, PO Box 1412, Kingston, On, K7L 5C6**
- Or Drop off at **Runners’ 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 _____

Race T-Shirt - requested size: Small Medium Large Extra Large X- Small

2006 KRRA 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: _____