



2009 Road & Trail Series, Race Four



# ***RUN WITH THE WILD***

(starting to be a Mother's Day tradition)

Canadian Diabetes Association

**5 km Cross Country Run**

Lemione's Point Conservation Park

(North Entrance) - Kingston

**Sunday, May 10 2009 – 11 a.m.**

Rain or Shine

**M**edals awarded to top runner in each category

Post race refreshments and door prizes

T-SHIRTS given to the pre-registers before Friday May 1<sup>st</sup>, 2009

A prize will be awarded to the top male and top female runners

**KRRA** members will receive points for this event for the 2009 Road & Trail Series

**VOLUNTEERS NEEDED!** Please contact Derek at: 389-5032

**A beautiful flower will be given to each mother in attendance!**

Donated by A&P Grocery Store

**Race Sponsors**



## 2009 KRRR Road and Trail Series

Resolution 8K Run, January 4<sup>th</sup>

Twosome 5K Run, February 15<sup>th</sup>

Half Marathon & 5K, April 26<sup>th</sup>

Run With the Wild X-Country 5K, May 10<sup>th</sup>

Beat Beethoven, June 7<sup>th</sup>

Limestone Mile, July 1<sup>st</sup>

Fort Henry Big Gun Run, August 23

Brockville ½ Marathon, September 12

Anniversary 10k, November 1st

Name \_\_\_\_\_ Sex Male \_\_\_\_\_ Female \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Postal Code \_\_\_\_\_ Phone \_\_\_\_\_

Age on January 1<sup>st</sup>, 2009 \_\_\_\_\_ Email Address \_\_\_\_\_

**Entry Fees:** Donate to the Canadian Diabetes Association! Total donations of \$40 or more will receive charitable receipt, race entry and t-shirt\*!(donation sheet attached)

Pre Registered Non Member \$20 Member of KRRR \$17

On Race Day Everyone \$25 Waive the \$3 fee and donate to charity

T-Shirts Size M L XL \*(Register by May 1<sup>st</sup>)

\*\*\*Cheques Make Payable to the CANADIAN DIABETES ASSOCIATION\*\*\*

**Mail to :** Run With the Wild

555 Sackville Cres.

Kingston, Ontario

K7M 8W3

(mail before May 1<sup>st</sup>)

**Drop Off:** Runners' Choice, Kingston.

**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 Canadian Diabetes Association, the Cataraqui Region Authority (Lemoine's Point), the Kingston Road Runners Association, 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:** \_\_\_\_\_

Check out the KRRR website at [www.krra.org](http://www.krra.org) for information on running activities in and around KINGSTON

**Know who to turn to**



**Canadian Diabetes – Run With The Wild Pledge Form**

Name of Donor	Address (Please print clearly)	Phone Number	Amount Pledged and Remitted	Receipt Required?	Cheque Number, Cash? Or Credit Card / Expiry Date

**Total Pledged and Remitted \$**