



2010 Road & Trail Series, Race Eight



***RUN* WITH THE WILD**

Canadian Diabetes Association

5 km Cross Country Run

LeMoine Point Conservation Park

(North Entrance) - Kingston

Saturday, September 18, 2010 – 11 a.m.

Rain or Shine

Medals awarded to top runner in each category

Post race refreshments and door prizes

T-SHIRTS given to the pre-registers before Saturday Sept 4th, 2010

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

KRRA members will receive points for this event for the 2010 Road & Trail Series

For more information on the race look for Run with the Wild on Facebook!

VOLUNTEERS NEEDED! Please contact Derek at: 389-5032

Race Sponsors

2010 KRRA Road and Trail Series

Resolution 8K Run, January 3 rd	Limestone Mile, July 1 st
Twosome 5K Run, February 14 th	Brockville ½ Marathon, September 11th
Half Marathon & 5K, April 25 th	Run With the Wild X-Country 5K, September. 18th
Beat Beethoven, June 6 th	Fort Henry Big Gun Run, October 30th
K's for Kids, June 13th	Anniversary 10k, November 7 th

Name: _____ Sex: Male _____ Female _____

Address: _____

City: _____ Postal Code: _____ Phone: _____

Age on January 1st, 2010: _____ Email Address: _____

Entry Fees: Pre Registered Non Member **\$25** Member of KRRA **\$22**
On Race Day Everyone **\$30** **Waive** the \$3 fee and donate to charity
Pledge Form is also available, pledges over \$40 total will get entered and free T-shirt(must be in by Sept 4th for the shirt)

(School Teams of 5 or more will receive a special discount.....contact Derek at derek_web_ca@yahoo.com)

* T-Shirts Size S M L XL *(Register by September 4th)

Cheques Make Payable to the CANADIAN DIABETES ASSOCIATION

Mail to : Run With the Wild
555 Sackville Cres.
Kingston, Ontario
K7M 8W3
(mail before September 4th)

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 KRRA website at www.krta.org for information on running activities in and around KINGSTON