

BIB # _____

LIMESTONE RACE WEEKEND starts at 3:45 p.m. on Saturday, April 24th with the KidsFest 3K run, followed at 5:00 p.m. by the Trauma 10K, a one-of-a-kind 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 morning 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 Kit Pick-up
Runners' Choice (260 Princess Street)**

4:00 p.m. - 7:00 p.m. Friday, April 23rd
10:00 a.m. - 3:00 p.m. Saturday, April 24th

Confederation Basin

7:00 a.m. - 9:00 a.m. Sunday, April 25th

KidsFest 3K at City Park

Saturday April 24th
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 24th
3:30 p.m. Registration at City Park
5:00 p.m. Race Start
6:30 p.m. Race Awards

Half Marathon & 5K at Confederation Park

Sunday April 25th
7:00 a.m. Registration & Race Kit Pick-Up
9:30 a.m. Race 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.

Age Category Medals

For both male and female in all age categories for both the 5K and Half Marathon events.

Sunday Course Record Holders

Half Marathon

Male Steve Boyd 1:09.57 (07)
Female Leslie Sexton 1:20.48 (08)

5K

Male Dylan Wykes 14.37 (07)
Female Courtney Babcock 16.26 (06)

\$500 Cash Bonus for New Sunday Course Records

Middle of the Pack Shoes

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

Sunday Post Race

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

Out of Towner Award

Registered runner must submit receipt of April 24th 2010 for an overnight stay to Race Registration before awards. Award provided by Kingston Business Improvement Association (BIA).

Race Accommodations

Four Points Sheraton www.fourpointskingston.com

Partners in the Community

KidsFest

The KRRRA and the Limestone City Half Marathon weekend committee are proud to support KidsFest 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.

Select Event (s): Half 10K 5K

KRRRA Member: Yes No

\$5.00 discount for registration by March 28th 2010

Please print clearly!!

Last Name _____

First Name _____

Address _____

City _____

Province _____ Postal Code _____

Phone Number _____

Email _____

Gender: Male Female

DOB _____
Day Month Year

Age on January 1, 2010: _____

Shirt Size: Small Medium
Large X-Large

*Shirt size will only be guaranteed for entries received prior to March 28th 2010
Trauma 10K 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 tick box to agree to waiver:

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

| ENTRY FEES | By March 15 th | March 16 th to March 28 th | March 29 th to April 24 th | Race Day! |
|---------------|---------------------------|--|--|-----------|
| Half-Marathon | \$40 | \$50 | \$60 | \$60 |
| 5 k | \$30 | \$30 | \$35 | \$35 |
| Trauma 10 K | \$25 | \$30 | \$35 | \$35 |

Register online at www.krra.org or www.eventsonline.ca. Online registration will close at 5:00 p.m. on April 21st 2010. Paper registrations can be dropped off at Runners' Choice (260 Princess Street). Race day entries will be accepted. KRRRA members receive a \$5.00 discount for registrations received by March 28th. Runners registered by March 28th will receive a long sleeve technical shirt and personalized bib. Trauma 10K runners will receive a short sleeve T-Shirt and regular bib. All entries are non-refundable and non-transferable.



OTHER GREAT KRRRA RACES

- Winter Resolution Run 8K
 Twosome Run 5k
- Spring KRRRA Limestone Weekend
- Half Marathon
 - Trauma 10K
 - 5K
- Summer Beat Beethoven 8K
 Ks4Kids 1K & 5K
 Canada Day Limestone Mile
- Fall Brockville Half Marathon
 Run With the Wild 5K
 Big Gun Run 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

Limestone Race Weekend

APRIL 24th-25th, 2010



KidsFest 3K Race

Saturday, April 24th at 3:45 p.m.

KGH Trauma 10K Race

Saturday, April 24th at 5:00 p.m.

5K Race

Sunday, April 25th at 9:30 a.m.

Half-Marathon

Sunday, April 25th 9:30 a.m.

