



2011 Road & Trail Series, Race Seven



# ***RUN* WITH THE WILD**

**Canadian Diabetes Association**

**5 km Cross Country Run**

LeMoine Point Conservation Park

(North Entrance) - Kingston

**Sunday, September 18, 2011 – 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 Saturday Sept 4<sup>th</sup>, 2011

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

**KRRA** members will receive points for this event for the 2011 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**

### 2011 KRRA Road and Trail Series

Resolution 8K Run, January 2nd  
Twosome 5K Run, February 13<sup>th</sup>  
Half Marathon & 5K, May 1st  
Beat Beethoven, June 5<sup>th</sup>

Limestone Mile, July 1<sup>st</sup>  
Brockville ½ Marathon, September 10th  
Run With the Wild X-Country 5K, September 18th  
Flight from Fort Fright, October 29<sup>th</sup> (tentative)  
Anniversary 10k, November 6<sup>th</sup>

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

Address: \_\_\_\_\_

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

Age on January 1<sup>st</sup>, 2011: \_\_\_\_\_ 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 4<sup>th</sup> 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.krara.org](http://www.krara.org) for information on running activities in and around KINGSTON