



**2015 KRRRA Road & Trail Series, Race 9  
ANNIVERSARY 10K RUN at  
The Landings Golf Course  
Sunday Nov. 1, 2015  
in support of:**

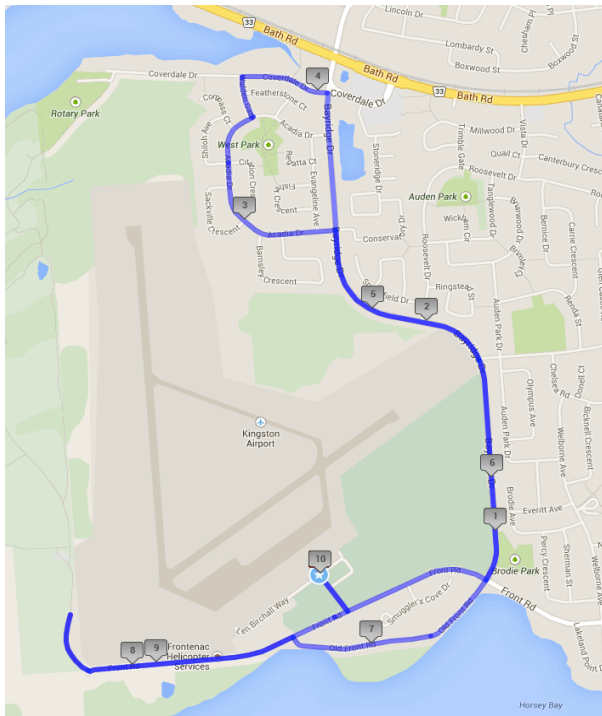


**Canadian  
Cancer  
Society**



**10K START: 11:00 am. – 10 K (Male & Female)**  
Race Day Registration and Race Package pick-up will begin  
at The Landings Pro Shop starting at 9:30 a.m..

**PRIZES – to Women/Men overall winners:  
Medals/Awards – to top 3 in each age category (male and female)  
(under 20, 20-29, 30-39, 40-49, 50-59, 60-69, 70+)**



**1.6 km Kids Race: 10:30 am**

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 Matt McCormack at  
[mccormack.md@hotmail.com](mailto:mccormack.md@hotmail.com)  
or 613-331-6915**

[www.mapmyrun.com/routes/view/495835278](http://www.mapmyrun.com/routes/view/495835278)



Bib# \_\_\_\_\_

**ENTRY FEES**

KRRRA Members: \$25 Non-members: \$35  
Race Day Registration for all runners: \$40  
Kids Race: \$5

**\*\*NO REFUNDS\*\***

- Please make cheque payable to “KRRRA”
- Mail to: Matthew McCormack  
46 Windfield Crescent, Kingston, ON K7K 6G2
- Drop off at Runners’ Choice, 56 Brock St, Kingston

Name: \_\_\_\_\_

Gender (circle): Male Female

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

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

Email: \_\_\_\_\_

Age: (on Jan.1, 2015): \_\_\_\_\_ D.O.B. \_\_\_\_/\_\_\_\_/\_\_\_\_  
DD MM YYYY

KRRRA member: yes / no (please circle)

**Shirt Size:** S M L XL

- \*Register early to confirm availability, size, and gender for shirt
- \*No guarantee of a shirt for race-day registration
- \*No shirt for kids 1 mile

**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 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: \_\_\_\_\_