



2017 KRRRA Road & Trail Series
ANNIVERSARY 10K RUN
Sunday Nov. 5, 2017
The Landings Golf Course



Canadian
Cancer
Society



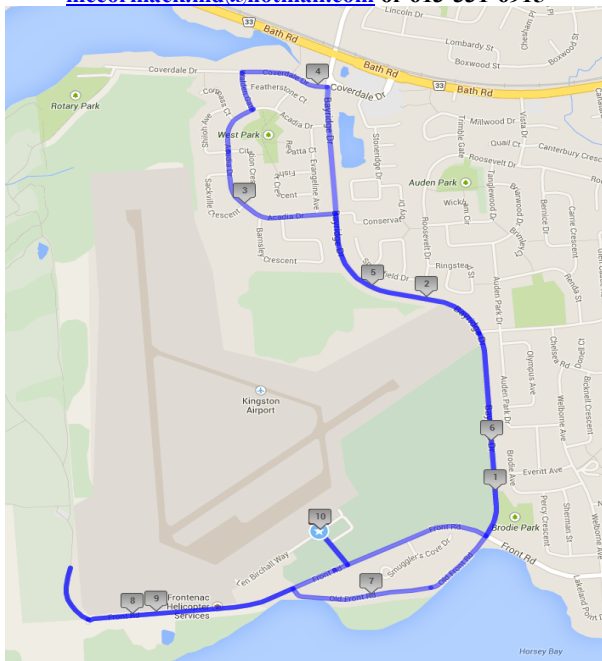
10K START: 11:00 am. – 10 K (Male & Female)
 Race Day Registration and Race Package pick-up will begin at:
 The Landings Pro Shop starting at 9:30 a.m.

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 giveaways!
 All participants and volunteers are eligible to draw prizes!

Volunteers please contact Matt McCormack at
mccormack.md@hotmail.com or **613-331-6915**



<http://www.mapmyrun.com/routes/view/495835278>

Bib# _____

ENTRY FEES

www.events.com 2017 KRRRA Anniversary Run
 (Online Registration Fees are Included in Price)

KRRRA Members (10km):	\$30
Non-Members (10km):	\$40
Race Day Registration for all runners (10km):	\$40
Kids One Mile Race (all):	\$5

****No guarantee of a shirt for race-day registration****

No shirt for kids 1 mile

****NO REFUNDS****

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

KRRRA member: yes no

Name: _____

Age: (on Jan.1, 2017): _____ D.O.B. / /

Gender: Male Female

Shirt Size (for gender): S M L XL

Address: _____

City: _____ Postal Code: _____

Email: _____

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 of Participant
 (Parent/Guardian if entrant is under 18)

Date: _____