

# Registration Form

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

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

City: \_\_\_\_\_ Prov.: \_\_\_\_\_

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

Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

T-Shirt Size

**Male** ☐ S ☐ M ☐ L ☐ XL

**Female** ☐ S ☐ M ☐ L ☐ XL

Sex: ☐ Male ☐ Female

Age on race day: \_\_\_\_\_

Entry Fees: ☐ 10km run ☐ 5km walk/run

☐ \$45 (before Jan 12/14)

☐ \$50 (before Feb 16/14)

☐ \$55 (on or after Feb 16/14)

☐ CRR members \$5 off - CRR# \_\_\_\_\_

**Total Fees Enclosed \$ \_\_\_\_\_**

**Cheques payable to the  
"Calgary Roadrunners Club"**

**You MUST sign the release and  
indemnity on the reverse side.**

**For more information phone 240-4656  
originalstpatricksdays@hotmail.com**

Join Team Diabetes and support the more than 9 million Canadians living with diabetes or prediabetes.

Walk, run, hike or bike in exciting international and Canadian destinations and become part of a dedicated team that is making a difference!

## Team Diabetes:

- > is the national activity fundraising program for the Canadian Diabetes Association
- > promotes a healthy and active lifestyle to all Canadians
- > raises funds for the provision of education and services, while advocating for our cause and breaking ground toward a cure

Since 2000, Team Diabetes members have been leaders in the fight against diabetes, raising much needed funds for the Canadian Diabetes Association. To learn more about our program and our many exciting events, please visit our additional pages on the left-hand menu.

You don't have to be an athlete to sign up! Team Diabetes prepares you for the physical challenge and provides you with the support you need to achieve your fundraising goals. Join Team Diabetes and visit these amazing destinations:

Madrid Spain – Rock n Roll Series  
Edinburgh, Scotland – Marathon or Half Marathon

Reykjavik, Iceland – Marathon, Half Marathon, 10km Run

Conquer the Trail – Machu Picchu Peru - Hike  
Kauai, Hawaii – Marathon, Half Marathon or Hike

The Canadian Diabetes Association thanks the Calgary Road Runners for their support of Team Diabetes.

**Post Race Wind Up**  
in the main gym at  
**Central Memorial High School**

**Food & Beverages**  
**Awards & Draws!!**

**The Canadian  
Diabetes Association  
Team Diabetes**

**Thank you to our  
sponsors!**



**Sunday, March 16, 2014**  
Central Memorial High School

5111 21 Street SW

9:00 a.m. 10km

9:20 a.m. 5km

**Chip Timing**

**Grand Prize Draw:  
Win Your Weight in Beer!**



**In Support of  
The Canadian  
Diabetes Association**

**Race Date**  
**Sunday, March 16, 2014**

**Start Times**  
10km 9:00 am sharp  
5km, 9:20 am sharp

**Race Location**  
START/FINISH will be at the  
Central Memorial High School

**Parking**  
FREE parking is available  
Car-pooling is recommended

**Categories**  
Awards will be given out for 1st, 2nd  
and 3rd in each of the following  
categories for the 10km and 5km

Male	Female
- Under 19	- Under 19
- 20 - 29	- 20 - 29
- 30 - 39	- 30 - 39
- 40 - 49	- 40 - 49
- 50 - 59	- 50 - 59
- 60 - 69	- 60 - 69
- 70 & over	- 70 & over

**Entry Fee**  
\$45 (before Jan 12/14)  
\$50 (before Feb. 16/14)  
\$55 (on or after Feb. 16/14)  
CRR members \$5 off  
No refunds or cancellation

**How to Register**  
**On-line Registration**  
[www.calgaryroadrunners.com](http://www.calgaryroadrunners.com)  
[www.stridesrunning.com](http://www.stridesrunning.com)

**Mail or Drop Off Entries**  
Strides Running Store  
3558 Garrison Gate SW  
Calgary, AB, T2T 6N1

**Package Pick-Up**  
Strides Running Store  
3558 Garrison Gate SW  
(403-240-4656)  
  
Thr., Mar. 13, 5 - 8 pm  
Fri., Mar. 14, 5 - 8 pm  
Sat., Mar. 15, 10 am - 4 pm



Are you training for your next 10k? Are you flirting with the marathon? Are you just getting started, or starting to lose momentum? Join us and start some new long distance running relationships.

We're a not-for-profit club for distance running enthusiasts of all ages and ability levels. Since 1976 we've organized hundreds of races and thousands of training runs. We've helped each other meet countless goals and cross many finish lines together. We train and race on trails, roads, and mountains. We have an annual youth scholarship bursary, and our members are age group competitive in masters racing worldwide. Most of our runs are easy, some of our runs are devastating, but almost every run is social.

We don't charge a lot for an annual membership. We don't require that you attend bingos or casinos. You don't have to wear our logo or volunteer for our races, but we're happy for your support if you do.

You'll get an informative newsletter, great discounts at several local stores, reduced prices for our races, scholarship opportunities, relay team sponsorship, plus frequent training and coaching.

To join, please go to:  
**[www.CalgaryRoadRunners.com](http://www.CalgaryRoadRunners.com)**

**Release & Indemnity**

MUST BE SIGNED "AS IS" OR THE  
ENTRY FORM WILL NOT BE ACCEPTED.

In consideration of the St. Patrick's Day Race accepting this, my entry, I hereby, both for myself, my heirs, release from liability and waive any and all claims for damages (whether for personal injury, death, illness, property damage and/or loss), including claims for negligence, which I may have as a result of my participation in this race, against the following: The Calgary Roadrunners, The City of Calgary, Calgary Board of Education, Strides Running Store, The Calgary Police Service, race organizers and the volunteers assisting them, and other participants in this race. I acknowledge that running is a sport with risks (both known and unknown) inherent in it, and in signing this entry form it is my intention to accept those risks, and all consequences thereof, for myself alone. I also consent to the posting of my name on the Calgary Roadrunners, Strides and Canadian Diabetes websites for the purpose of registration, confirmation, race results and race photos that may be included. I acknowledge that I have read this Release in its entirety, that I understand and agree to be bound by its terms and I am signing it voluntarily without duress or undue influence from anyone.

\_\_\_\_\_  
Signature of Participant or  
Signature of parent /guardian for entrants  
under 18 years of age

\_\_\_\_\_  
Date