

# 31st Annual Calgary Waldorf School Cross-Country Run & Walk



www.calgarywaldorf.org

**Saturday,  
September 23, 2017  
Griffith Woods Park**

**1 km Family Run/Walk 11:45 AM  
5 km Race at 12:00 Noon  
3 km Race at 12:05 PM**

*With support from:*



## 31<sup>st</sup> Annual Waldorf Cross-Country Run & Walk

For 31 years, the Cross-Country Run has been included in the Waldorf event calendar to encourage outdoor athletics and family activity, along with some fun and friendly competition. This will be our third year running at Griffith Woods Park. The 3 & 5 km races are preceded by a 1 km walk or run for families and young runners. The event ends with a social lunch (including home-made soups) back at the school.

### Show Your Spirit

If you so desire, come as part of a team with a theme! School classes, running or community groups, families, etc. are encouraged to dress up in the same coloured shirts, hats, socks or whatever would distinguish your team. Bring a banner or group cheer. We will get the spirit going before the race. Come out and have fun!

### Griffith Woods Course Description

The 1, 3 and 5 kilometre courses may follow paved, gravel and/or dirt pathways. Participants should bring a change of shoes and dry clothing for after the race. Weather really determines the course conditions on race day. Rain or shine, the race will go ahead.

**1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Place Awards  
Hand-Crafted by  
Calgary Waldorf Students**

## Calgary Waldorf School X-C Run & Walk Saturday, September 23, 2017

### Entry Fees

- \$ 5 for all 1 km Runners and Walkers
- \$ 8 for Under 18 in the 3 km or 5 km
- \$ 12 for 18 & Over in the 3 km or 5 km

*Parents/Guardians MUST sign waiver for all runners and walkers under 18 years old*

### Distance, Age, & Gender Codes

1 km		
Age	Female	Male
9 and under	F 1 - 9	M 1 - 9
10 and over	F 1 - 99	M 1 - 99
3 km		
Age	Female	Male
8 and under	F 3 - 8	M 3 - 8
9 to 11	F 3 - 11	M 3 - 11
12 to 14	F 3 - 14	M 3 - 14
15 to 18	F 3 - 18	M 3 - 18
Over 18	F 3 - 99	M 3 - 99
5 km		
Age	Female	Male
8 and under	F 5 - 8	M 5 - 8
9 to 12	F 5 - 12	M 5 - 12
13 to 14	F 5 - 14	M 5 - 14
15 to 17	F 5 - 17	M 5 - 17
18 to 29	F 5 - 29	M 5 - 29
30 to 39	F 5 - 39	M 5 - 39
40 to 49	F 5 - 49	M 5 - 49
50 to 59	F 5 - 59	M 5 - 59
60 and over	F 5 - 99	M 5 - 99

*Category is determined by your age on  
September 23, 2017*

**Distance, age, & gender code** \_\_\_\_\_  
(Office use only)

### CWS X-C Run & Walk Entry Form

5 km, 3 km, and 1 km Run (One participant per entry form. Circle appropriate fields and entry fee.)

Last Name: \_\_\_\_\_ Age \_\_\_\_\_

First Name: \_\_\_\_\_ M F

Run length:    5km       3km       1km

#### Entry Fee

1 km run/walk (All ages)	\$ 5.00
Under 18 for 3 km or 5 km	\$ 8.00
18 and over for 3 km or 5 km	\$ 12.00

**Release and Indemnity** must be signed; "As Is" or the entry form will not be accepted.

In consideration of the Calgary Waldorf School (hereinafter referred to as the "CWS"), accepting this, my entry, I hereby, both for myself and my heirs, release from liability and waive any and all claims for damages (whether for personal injury, death, illness, property damage and/or property loss), including claims for negligence, which I may have as a result of my participation in this race, against the following; the Calgary Waldorf School, its Executive and members; the race organizers and members and volunteers assisting them; The City of Calgary and its employees and agents; 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. The terms of this Release are severable from one another, and the validity of any one or more clauses in the Release shall not affect the validity of the other clauses. 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 runner OR of parent/guardian for entrants under 18)

DATE \_\_\_\_\_

### What's Included in Your Fee

- ~ A fun and well-organized run/walk
- ~ Lunch after at Calgary Waldorf School
- ~ Awards for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> places
- ~ Great draw prizes

### Race Schedule

10:30 am to 11:30 am – Registration  
11:30 am – Group Warm Up & Stretch  
11:45 am – 1 km family walk/run  
12:00 pm – 5 km Race  
12:05 pm – 3 km Race

### Race Location at Griffith Woods

Hosted by The City of Calgary at Griffith Woods Park. Enter Griffith Woods from Discovery Ridge Link SW.

The registration/staging area is located within the parking lot of Griffith Woods.

### Amenities at the Race

Washroom facilities are located onsite

### Race-Day Registration

You must arrive at Griffith Woods between 10:30 and 11:30 am to register on race day (cash or cheque only)

For Pre-Registration, mail in or drop off entry form & fee – cash, debit, or cheques payable to:

**Calgary Waldorf School**  
515 Cougar Ridge Drive S.W.  
Calgary, Alberta T3H 5G9

### Post-Race Lunch, Awards, and Draw Prizes

Hardy and delicious homemade soups, rolls, and beverages are served at the Calgary Waldorf School from 1pm to 3pm immediately following the race.

### Directions to the Waldorf School from Griffith Woods Park

(via 85<sup>th</sup> Street SW – 11min Drive)

Head North on Discovery Ridge Link. Turn Right on Discovery Ridge Blvd. Take the 2<sup>nd</sup> exit at roundabout. Turn left (West) on Glenmore Trail/Hwy 8. Turn right onto Lower Springbank Rd. Take first right onto 85<sup>th</sup> Street SW. Turn left on Old Coach Banff Rd. Turn right on Cougar Ridge Dr. SW



[www.calgarywaldorf.org](http://www.calgarywaldorf.org)  
ph: 403-287-1868



**Thank you to all  
our Volunteers!**