

DATE: Sunday, September 13, 2009

TIME: 9:00 A.M.

PLACE: River Glen School

4210 - 59 St., Red Deer

Note: There is NO PARKING on the street in front of the School. Please park at the Memorial Centre.

EVENT	<u>8 KM RUN</u>	<u>3 KM RUN</u>
CATEGORIES	19 & Under	12 & Under
	20 to 29	13 to 19
	30 to 39	
	40 to 49	
	50 to 59	<u>3 KM WALK</u>
	60 & Over	- all ages

COURSE: These events start at River Glen School grounds (4210 - 59 Street), located just North of the Memorial Centre. The 8 km course takes you out on the scenic trails past Kerrywood Nature Centre and onto the Mackenzie Trail System. The course is flat until after the 4 km mark where you encounter a challenging 1 km hill up to 67th street. Head down 67th street hill, loop through Mackenzie Park and back to the school.

TIMING: Split time at 1 KM

AID STATION:

Water will be provided near the 4 KM mark.

FACILITIES:

Change rooms are available at River Glen School.

REFRESHMENTS:

Great refreshments in the cafeteria after the race.

AWARDS:

- **\$150 CASH** for first overall male and female in the 8km run.
- **MEDALS** will be given to first, second and third place finishers in each age category.

PRIZES:

There will be lots of great draw prizes!

ENTRY FEE:

- 8 KM entry fee of \$30.00 (\$25.00 for club members) and \$35.00 after September 1, 2009 for both members and non-members.
- 3 KM entry fee of \$10.00 (race and socks) or \$5.00 (race only).

Make cheques payable to the HARVEST RUN with completed application and waiver can be mailed to:

THE HARVEST RUN
Box 423, Red Deer, AB T4N 5E9
or dropped off at Runners Den
#6, 5511 Gaetz Avenue

No credit cards or debit cards accepted.

RACE PACKAGE PICK-UP AND LATE REGISTRATION:

Early race package pick-up will be on Saturday, Sept. 12, 2009 at Runners Den, #6, 5511 Gaetz Avenue, between 1:00 - 4:00 p.m. Late registrations for the 8 KM and 3 KM will be accepted on race day up to 8:30 a.m.

NO REGISTRATIONS WILL BE ACCEPTED AFTER 8:30 AM ON RACE DAY: If you are planning on registering on race day, please be early!

FOR MORE INFORMATION:

Contact Runners Den 403-341-4446

Race Results will be available at:
www.reddeerrunners.org

Harvest Run · 2009 · Registration

Last Name _____

First _____

Address _____ Postal Code _____

City _____ Phone _____

PARTICIPATING IN:

8 KM _____ 3 KM RUN _____ 3 KM WALK _____

Date of Birth _____ Age on Race Day _____

Male _____ Female _____

8 KM ENTRY FEE (includes tech. socks)

_____ **\$25.00** (Red Deer Runner Members)

_____ **\$30.00** (Non-Members)

_____ **\$35.00** (Late Entry Payable After Sept. 1/09)

3 KM RUN/WALK ENTRY FEE

_____ **\$ 5.00** (Race Only)

_____ **\$10.00** (Race and tech. socks)

WAIVER: In consideration of your acceptance of this race entry, I for myself, my heirs, executors, administrators and assigns, forever waive, release and discharge any and all rights, demands, claims for damages and clauses of suit or action known or unknown, that I may have against Red Deer Runners, The City of Red Deer, and any and all participating race sponsors, supporters and directors, officers, employees and agents of such parties, for any and all injuries in any manner arising or resulting from my participating in said race. I attest and verify that I have full knowledge of the risks involved in this race, that I assume those risks, that I will assume and pay my own medical and emergency expenses in the event of accident, illness or other capacity, regardless of whether I have authorized such expenses and that I am physically fit and sufficiently trained to participate in this race.

(Signature of Parent or Guardian if under 18)

(Signature)



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CORPORATE SPONSORS

*A special thanks
goes out to these
generous sponsors
who help make this
event possible.*

DUHAMEL MANNING
FEEHAN WARRENDER GLASS

CUTHBERTSON SANDALL

TIMCON CONSTRUCTION

THE RUNNER'S DEN

NEW BALANCE

BROWN SMITH OWEN

*Proceeds from the
Harvest Run
support competitive young
runners in our area.*

Bursary information at
reddeerrunners.org



www.reddeerrunners.org



Harvest Run 2009

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or
3 KM RUN / WALK**

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Red Deer, Alberta