



## Race Day Registration / Schedule of Events

We will be accepting same day registration for both the 5km and the kids races!! The Registration Table will open at 7:30am and close 15 minutes prior to each race:

### Schedule of Events :

9:10am - Kids Warmup with the Laurentian Vees X-C Running Team!

9:30am - **1.6km Spark Junior Elementary Challenge**

(Grades 3-6 Girls & Boys)

10:15am - **3.0km Voyageur Classic**

(Grades 7-8 Girls and Boys + High School Girls)

11:00 am - **5.0km Copper Cliff Park 5km**

(Open Men & Women + High School Boys)

Note: \$5 race fee for 1.6km and 3.0km races

## Laurentian Women's X-C Running & Indoor Track Team

Come and meet the members of one of the best university cross country running programs in the country! Proceeds from this race will go towards offsetting the costs of training and travel as the LU squad prepares for the provincial and national championships later this fall!

Want more information on LU X-C and Indoor Track?

Visit: [luvoyageurs.com](http://luvoyageurs.com)



A special thanks to our sponsors!



Want another chance to run a 5km race  
this fall?

Want a pancake flat, fast course?

# Copper Cliff Park 5km

Saturday, Sept. 19th, 2009

11:00am

Copper Cliff Public School

Also: Races for the Kids!!

1.6km and 3.0km races - starting at 9:30am



## Copper Cliff Park 5km Race Details

**Race Location:** Copper Cliff Public School and Copper Cliff Park – 50 School Street – Copper Cliff, ON

**Course:** A completely flat and fast, 1.6km loop in Copper Cliff Park – see map

**Directions:** From Regional Road 55, enter Copper Cliff at Power Street or Balsam Street – follow to Godfrey Drive which runs along the east side of the park (see attached map)

**Parking:** Copper Cliff School and/or parking adjacent to Ball Diamond in park

**Race Director:** Darren Jermyn – jermyn@vianet.ca  
Phone: (705) 674-3181 ext. 3138 or (705) 670-1561  
Fax: (705) 523-7170

**5km Race Start Time:** 11:00 am

### 5km Pre-Registration:

Save the stress of registering on race day! Simply fill out the form on this brochure and fax to:

Darren Jermyn c/o NEO Stroke Network — HRSRH  
705-523-7170

Note: You can bring your entry fee on race day!

### Race Day Entries and Package Pickup:

Race day entries welcome!! Copper Cliff Public School- Starting at 7:30am; registration desk will close at 10:45am

**Entry Fees:** \$15 per competitor

**Please make cheques payable to: Laurentian University Women's Cross Country Running Team**

### Age Categories:

39 and under  
40 to 60  
60+

### Prizes:

The Top 3 female and male finishers in each age category will receive a prize.

### Food:

Free post-race chocolate milk courtesy of Agropur!  
Pizza and other snacks and drinks will be available for purchase post race at the school!



Ads by Google - Gmaps Pedometer - Pedometer Map - Satellite Maps - Get a Free Pedometer - Maps Dir

**5km Course Map**  
Common Start/Finish Area  
– off Creighton Rd. Across  
from Bryston's on the Park  
Copper Cliff Park 5.0 km  
– 3 complete loops of  
course  
All km's will be marked

## COPPER CLIFF PARK 5KM REGISTRATION FORM

Last Name:

First Name:

Email:

Home Address:

Phone Number:

Sex:  Female  Male

Age on Race Day: \_\_\_\_\_

Please select age division:

39 and under

40 to 59

60+

Entry Fee: \$15

### WAIVER (must be signed to compete)

#### RELEASE, WAIVER, AND INDEMNITY

In consideration of the acceptance of my application and the permission to participate as an entrant or competitor in the Spark Laurentian University X-C Running Challenge (1.6km, 3.0km and 5.0km races) on Saturday September 19th, 2009. I for myself, my heirs, executors, administrators, successors, and assigns HEREBY RELEASE, WAIVE AND FOREVER DISCHARGE Northeastern Ontario Stroke Network, Heart and Stroke Foundation of Ontario, Laurentian University Athletics, Laurentian University Women's X-C Running Team, The City of Greater Sudbury, The Rainbow District School Board, Track North Athletic Club, Darren Jermyn, Richard Moss and all other associations, sanctioning bodies and sponsoring companies, and elected and appointed officials, successors and assigns, OF AND FROM ALL claims, demands, damages, costs, expenses, actions and causes of action, whether in law or equity, in respect of death, injury, loss or damage to my person or property HOWSOEVER CAUSED, arising or to arise by reason of my participation in the said event, whether as a spectator, participant, competitor or otherwise, whether prior to, during or subsequent to the event, AND NOTWITHSTANDING that same may have contributed to or occasioned by the negligence of the aforesaid. I hereby agree to periodic mailings both electronic and physical from Laurentian University X-C Running team. Personal information collected by race officials is for registration and results purposes only, and will not be shared with other companies or organizations. Further, I hereby grant full permission to any and all the foregoing to use any photography, video tapes, motion pictures, recordings or any other record of this event for promotional purposes. I FURTHER HEREBY UNDERTAKE TO HOLD AND SAVE HARMLESS AND AGREE TO INDEMNIFY all of the aforesaid from and against any and all liability incurred by any or all of them arising as a result of, or in any way connected with my participation in the said event. BY SUBMITTING THIS ENTRY, I ACKNOWLEDGE HAVING READ, UNDERSTOOD, AND AGREE TO THE ABOVE WAIVER, RELEASE AND INDEMNITY. I WARRANT that I am physically fit to participate in this event.

Signature:

Date:

Parents Signature:

Parent or Guardian must sign if entrant is under 18 years of age.