

10th ANNUAL ENDURrace
5 KM & 8 KM RUNNING SERIES & 2.5 KM FUN RUNS

RUN A 5 KM RACE OR AN 8 KM RACE, OR BOTH IF YOU CAN "ENDURE" IT!

5 KM AND 2.5 KM

SATURDAY, APRIL 21, 2012 6:00 p.m.
Lions Hall, Elmira, Ontario

REGISTRATION OPTIONS

Deadline For **Mail In** or **Drop Off** entries is Tuesday, April 17. After that date, entries will be accepted on Friday, April 20 or Saturday, April 21 as below.

Mail In Mail your completed entry form with your entry fee to: 2-491 Beechwood Drive, Waterloo ON N2T 1H8

Drop Off At *Runners' Choice*, 255 King St. N., Waterloo

On-line www.RunWaterloo.com until Wednesday, April 18, 6:00 p.m.

Friday April 20 At *Runners' Choice*, 255 King St. N., Waterloo from 5:00 p.m. to 8:00 p.m.

Saturday April 21 At *Lions Hall*, 40 South St. W., Elmira from 4:00 p.m. to 5:30 p.m.

8 KM and 2.5 KM

SATURDAY, APRIL 28, 2012 6:00 p.m.
Lions Hall, Elmira, Ontario

REGISTRATION OPTIONS

Deadline For **Mail In** or **Drop Off** entries is Tuesday, April 24. After that date, entries will be accepted on Saturday, April 28 as below.

Mail In Mail your completed entry form with your entry fee to: 2-491 Beechwood Drive, Waterloo ON N2T 1H8

Drop Off At *Runners' Choice*, 255 King St. N., Waterloo

On-line www.RunWaterloo.com until Wednesday, April 25, 6:00 p.m.

Friday April 20 At *Runners' Choice*, 255 King St. N., Waterloo from 5:00 p.m. to 8:00 p.m.

Saturday April 28 At *Lions Hall*, 40 South St. W., Elmira from 4:00 p.m. to 5:30 p.m.

KIT & CHIP PICK UP

Race Kits Can be picked up at: *Runners' Choice* on Friday, April 20, 5:00 p.m. to 8:00 p.m. or *Lions Hall* on Saturday, April 21, 4:00 pm-5:30 pm

Timing CHIPS Must be picked up on race day at *Lions Hall* from 4:00 p.m. to 5:30 p.m.

KIT & CHIP PICK UP

Race Kits Can be picked up at: *Runners' Choice* on Friday, April 20, 5:00 p.m. to 8:00 p.m. or *Lions Hall* on Saturday, April 28, 4:00 pm-5:30 pm

Timing CHIPS Must be picked up on race day at *Lions Hall* from 4:00 p.m. to 5:30 p.m.

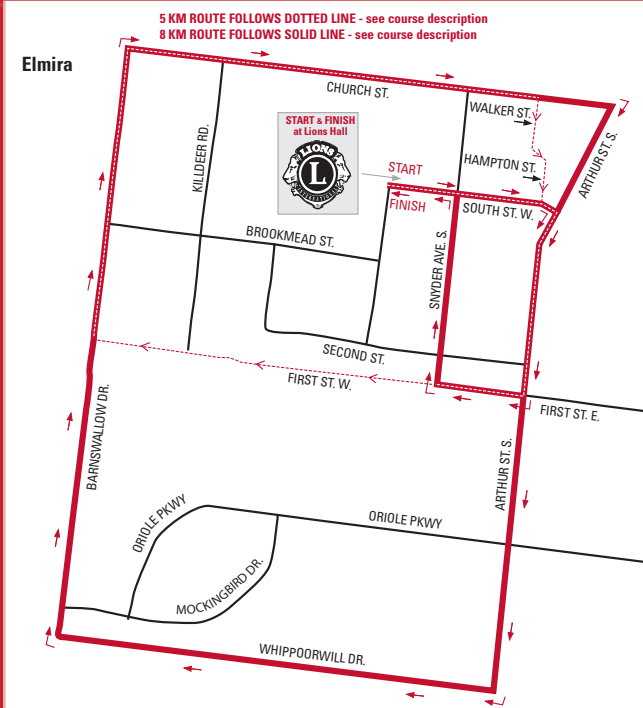
ENTRY FEES

5 KM - April 21	\$25	2.5 KM - April 21	\$15	Please Note: Entry fees are non-refundable and non-transferrable.
8 KM - April 28	\$25	2.5 KM - April 28	\$15	
BOTH	\$40	BOTH	\$25	
Family Rate discount for people in the same family is as follows: 3 people = 20%, 4 people = 30%, 5 people = 40%, 6 or more = 50%				

INFORMATION

Please contact: **Lloyd Schmidt, Race Director**
Phone: 226-750-0017
E-mail: info@RunWaterloo.com
Or write to: 2 Weberlyn Crescent, Conestogo ON NOB 1N0

COURSE DETAILS AND INFORMATION



The 5 KM & 8 KM events are timed races, and the 2.5 KM events are not timed races. The 5 KM & 8 KM courses are certified distances. There will be water stations on the course. Each KM will be marked. Times will be called at the Mile mark and also the 5 KM mark of the 8 KM race. Courses are subject to change pending approvals and course certifications.

Course Descriptions
5 KM: Starting at Lions Hall, run straight on South St. W. Turn right onto Arthur St. S. Turn right onto First St. W. Turn right onto Barnswallow Dr. Turn right onto Church St. E. Turn right onto Walker St. Turn left onto Hampton St. Turn right onto South St. W. to the finish line at Lions Hall.

8 KM: Starting at Lions Hall, run straight on South St. W. Turn right onto Arthur St. S. Turn right onto Whippoorwill Dr. Turn right onto Barnswallow Dr. Turn right onto Church St. E. Turn right onto Arthur St. S. Turn right onto First St. W. Turn right onto Snyder Ave. S. Turn left onto South St. W. to the finish line at Lions Hall.

COURSE SUPPORT

Waterloo Regional Police, Waterloo Regional REACT, First Aid and clearly identified volunteers will assist you every step of the way.

140 years ago, a group of people formed an insurance company to protect their neighbours from devastating financial hardship caused by fire. This company evolved into The Economical Insurance Group, and has held fast to their 'neighbour helping neighbour' philosophy. The Group contributes to communities by sponsoring fund raising events and enthusiastically supporting local charities and has established an excellent relationship with United Way over the years. The Group has demonstrated strong support for the organization and is pleased to continue to build on this relationship through the sponsorship of The Economical ENDURrace.



United Way of Kitchener-Waterloo and area raises funds for over 40 member agencies and the many programs and services they provide in our community. Funds are raised through workplace employee campaigns, corporate donations, individual donations and through special events such as The ENDURrace. We thank you for your past contributions and thank you for entering this 10th Annual event in support of United Way. Enjoy your day!



COLLECT FANTASTIC FUNDRAISING PRIZES!

Minimum \$50 in Pledges	Minimum \$100 in Pledges	Minimum \$250 in Pledges	Minimum \$400 in Pledges	TOP FUNDRAISERS (to be declared April 28)
FREE SAUCONY CoolMax® SOCKS	FREE ENTRY plus Socks	\$100 SAUCONY GIFT CERTIFICATE AT RUNNERS' CHOICE plus Socks and Free Entry	\$200 SAUCONY GIFT CERTIFICATE AT RUNNERS' CHOICE plus Socks and Free Entry	1st Place: T-Shirt Quilt (value \$1,000) 2nd and 3rd Place: Each will receive a Free pair of Saucony Running Shoes at Runners' Choice
(value \$5)	(value \$30)	(value \$135)	(value \$235)	

POST RACE

Enjoy a variety of refreshments, live entertainment, draw prizes and a post race massage following your run.



DRAW PRIZES

Everyone is eligible for hundreds of dollars of merchandise, as well as the Grand Draw Prize (**per race**):
\$250 Cash
Winners must be present to claim prizes.

INDIVIDUAL CATEGORIES

	AGE	
up to 12	30-34	55-59
13-15	35-39	60-64
16-19	40-44	65-69
20-24	45-49	70+
25-29	50-54	
	----- OR -----	
	WEIGHT	
Male	180-199 lbs	200 + lbs
Female	130-139 lbs	140 + lbs

AWARDS

- Awards presented to the:
- top 3 overall Male & Female, Open & Masters (age 40+),
 - top 3 Male & Female finishers in each age & weight category, and
 - 1st place team in each Team Category

AWARDS FOR EACH RACE PLUS AWARDS FOR COMBINED TIMES OF BOTH RACES "The ENDURrace Champions"

RESULTS

Computerized timing and race results by ChipTime Results. Results will be available race day, and after the race at Runners' Choice and on the Websites:
www.roadraceresults.com
www.RunWaterloo.com
www.chiptimeresults.com

PHOTOS

Check out our website at www.RunWaterloo.com for thousands of race photos - all free to download.

THE 2012 WATERLOO RUNNING SERIES – MARK YOUR CALENDAR!

The "Re-Fridgee-Eighter" 8 KM or 8 Mile Run & 3 KM Fun Run	The Economical ENDURrace 5 KM & 8 KM Running Series & 2.5 KM Fun Runs	The Waterloo Classic Road Races 10 KM, 5 KM & 3 KM Run	The Dirty Dash 8 KM, 4 KM & 1 KM Kids Fun Run	The ENDURrun International 160 KM	Laurier Loop 10 KM, 5 KM, 2.5 KM & Relay Road Races	The Oktoberfest Run 10 KM & 5 KM Run	The Santa Pur-suit 5 KM, 3 KM & 1 KM Run
A Frosty Favourite	Can you ENDURE it?	Fun in the Sun	We Hope it Rains	The 'Tour de France' of Running	"Round" up Friends	A Fall Classic	Suit Up!
February 12	April 21 & 28	June 17	July 15	August 12-19	September 30	October 14	November 3