



WELCOME

You won't want to miss this race!



The Laurier Loop is fun, challenging, and with the unique course design, very exciting too! The course is a certified 2.5 KM loop starting and finishing on the University Stadium track, and runs through beautiful Waterloo Park. Choose a 4-loop 10 KM run, a 2-loop 5 KM run, a 1-loop 2.5 KM run or participate in one of three

Relays. With family and friends cheering you on as you pass through each loop, 'round' up your friends and run with the Hawks!

It is our objective to organize a fun, safe and healthy athletic event for the citizens of Waterloo Region and beyond, while maintaining a community responsibility to local charitable organizations and their causes. All pledges will be donated to Sun Life Financial Movement Disorders Research & Rehabilitation Centre (MDRC). With your entry you will help us reach our objective.

Take the challenge, join your friends and fellow runners and participate in the 5<sup>th</sup> Annual Laurier Loop.

ALL PLEDGES DONATED TO

SUN LIFE FINANCIAL MOVEMENT DISORDERS RESEARCH & REHABILITATION CENTRE (MDRC)

Not everyone has the ability to run a race. For more than 100,000 Canadians living with Parkinson's disease, doing everyday things like walking up a set of stairs or getting dressed in the morning is a challenge. Wilfrid Laurier University established Canada's first MDRC to directly support individuals in our community through the research, development and evaluation of new exercise rehabilitation programs. The funds you raise will support these programs, designed to improve the balance and gait of people living with Parkinson's.

Thank you for running and securing pledges to support those who can't. We appreciate the dedication of the participants, volunteers and sponsors of this race. Enjoy your day!

POST RACE

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



DRAW PRIZES

Grand Prize Draw:

**\$250 Cash**

Bonus Draw Prize:  
**Beautiful T-Shirt Quilt!**

Also hundreds of dollars of merchandise - everyone is eligible.

AWARDS

INDIVIDUAL - 10 KM, 5 KM, 2.5 KM EVENTS:

Will be presented to the Top 3 Overall Male & Female, the Top 3 Masters Male & Female, and to the Top 3 Male & Female finishers in each age & weight category.

RELAY - 2 X 2.5 KM, 4 X 2.5 KM, 2 X 5 KM EVENTS:

Will be presented to the Top 3 Relay Teams in each Relay Category.

TEAM - 10 KM, 5 KM, 2.5 KM EVENTS:

Will be presented to the 1st Place Team in each Team Category.

Additional awards will be presented to the "most spirited" team in the Relay and Team Categories.

INDIVIDUAL CATEGORIES (AGE OR WEIGHT), RELAY & TEAM CATEGORIES

INDIVIDUAL CATEGORIES

<b>AGE:</b>		
Up to 9 (2.5 KM Event Only)	35 - 39	40 - 44
Up to 12	45 - 49	50 - 54
13 - 15	55 - 59	60 - 64
16 - 19	65 - 69	70 +
20 - 24		
25 - 29		
30 - 34		

<b>WEIGHT:</b>		
Male	180 - 199 lbs	200 + lbs
Female	130 - 139 lbs	140 + lbs

RELAY CATEGORIES

5 KM	2 X 2.5 KM
10 KM	4 X 2.5 KM
10 KM	2 X 5 KM

TEAM CATEGORIES

- PARENT / CHILD
- SPOUSES
- CORPORATE (min 3 person team)
- SCHOOL (min 3 person team)

RESULTS

Computerized timing and race results by ChipTime Results. Results will be available race day, and after the race at the Runners' Choice store and on the Web Sites: [www.roadraceresults.com](http://www.roadraceresults.com) [www.RunWaterloo.com](http://www.RunWaterloo.com) [www.chiptimeresults.com](http://www.chiptimeresults.com)

COURSE DETAILS & INFORMATION

The 2.5 KM Loop is a certified distance, measured by Bernie Conway.

A clock will be visible at the start/finish line to note your time for each loop.

The results will indicate your split times for each loop.

There will be two water stations per loop.

The 10 KM event is 4 loops  
The 5 KM event is 2 loops  
The 2.5 KM event is 1 loop  
The Relay touch-off point will be at the start/finish line

The 2.5 KM Laurier Loop Course Description:

Starting on the University Stadium track, run through the parking lot, turn right on Seagram Dr., turn right on Albert St., turn right on Central St., turn left on 1st road in Waterloo Park, turn left on Spring St., turn right on Albert St., turn right on Young St., run through Waterloo Park, turn right on Seagram Dr., turn right into the University Stadium parking lot, run through the parking lot to the University Stadium track, complete a loop of the track back to the starting line.



COLLECT FANTASTIC PRIZES WITH A PLEDGE OF YOUR SUPPORT

Your gift will be doubled! All pledges are being matched by a Laurier Science alumnus from the class of '98. Collect \$100 or more in pledges for your chance to win over \$2,000 in prizes!

Minimum \$50 Pledge	Minimum \$100 Pledge	Minimum \$250 Pledge	Minimum \$400 Pledge	Top Fundraiser
Free Saucony CoolMax Socks	<ul style="list-style-type: none"> <li>Free Entry</li> <li>\$15 Coupon at Morty's Pub</li> <li>Socks</li> </ul>	<ul style="list-style-type: none"> <li>Free Entry</li> <li>\$15 Coupon at Morty's Pub</li> <li>\$75 gift certificate to a local restaurant</li> <li>Socks</li> </ul>	<ul style="list-style-type: none"> <li>Free Entry</li> <li>\$15 Coupon at Morty's Pub</li> <li>\$150 Gift Certificate</li> <li>Socks</li> </ul>	BlackBerry Curve
(value \$5)	(total value \$40)	(total value \$115)	(total value \$190)	(total value \$800)

PHOTOS

Check out our website at [www.RunWaterloo.com](http://www.RunWaterloo.com) for thousands of race photos - all free to download.

THE 2012 WATERLOO RUNNING SERIES - MARK YOUR CALENDAR!

THE RE-FRIDGE-EIGHTER RUN	ENDURrace 5 KM & 8 KM Running Series & 2.5 KM Fun Runs	THE WATERLOO 10 KM CLASSIC	DIRTY DASH	ENDURrun INTERNATIONAL	LAURIER LOOP 2.5 KM CIRCUIT	REMEMBER RUN	the Santa Pursuit
The "Re-Fridge-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

INFORMATION

Contact Lloyd Schmidt, Race Director:  
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