



CONQUER THE CANUCK

Trail Series™



A new trail series: Race distances include 6.25 km, 12.5 km, 25 km, 50 km and 92.2 km Ultimate Canuck (staged race).

Our objectives: We support and donate to Camp Quality, a recreational program for children with cancer. In 2008 we hope to raise \$10,000 for these children. For the runner, we provide at a reasonable price, races with complete aid stations and a well marked, accurately measured course. There are various awards, for example, any runner finishing 3 of 4 races of the same length will receive a framed certificate in September at Bingemans in Kitchener, and additional awards for series.

Special thanks to our Sponsors and Contributors:



Grand River Conservation Authority



Pre-registration only: No entries accepted on race day.

On-Line Registration: www.onlineregistrations.ca

Refreshments: All participants receive a goodie bag containing beverages, food and samples at the finish.

Course information: Each course in the trail series will have a 6.25km loop. The 50km and 92.2km Ultimate Canuck Challenge will have a 12.5km loop in late September.

Aid stations: Every 3.12 km for all distances. Stations are stocked with water, coke, accelerade, cookies, fruit and more.

First aid on site: Provided by Med Rovers and Med Venturers.

Time limits: 6.25km 1 hour, 12.5km 2 hours, 25km 4 hours, 50 km 8 hours; Marathon 7 hours.

Championship timing: Chip Time Results will be timing the 6.25km; 12.5km; and 25km distance at all four venues.

Free entry: Runners may obtain pledges for Camp Quality Canada. Free entry is awarded to runners who raise double their race entry fee. Down load pledge forms for Camp Quality Canada at www.conquerthecanuck.com (home page).

Registered charity number BN133423962RR0001

Free sport towel: Register for any 3 races and receive a free Canuck Sport towel at the 2nd venue on June 7th at Bechtel.

Series points/awards: Points start at 20 for 1st finisher in each age division, decremented to 1 point for the 20th finisher. Points are posted within 3 days after each event. The first twenty men and women receive points in each age category (age on Jan. 1, 2008): under 20 years, 20-29, 30-39, 40-49, 50-59, and 60 plus. Top 3 women and 3 men with the most series points in each age category will receive a Canuck plaque on September 20 at Bingemans in Kitchener. Runners considering the series points must run at least 3 races to qualify for race series plaques. **Note:** The Bechtel Park 25km trail run on Saturday June 7th will also count as a point's race for the Ontario Trail Series & CTC Trail Series. Details: <http://ouser.org/>

Conquer the Canuck framed certificate: Awarded to runners who finish 3 of 4 same race distances. Awarded Sept 20.

Volunteer: Join our dedicated volunteers - certificates provided. Contact: conquerthecanuck@sympatico.ca

Training runs: Please contact conquerthecanuck@sympatico.ca for details or visit our web site at www.conquerthecanuck.com for updated information on introduction runs at our trail venues.

Cash Back (Car pooling discount): The vehicle driver with 4 or more runners will receive \$5.00 cash back. Let us know your party names in advance and receive your \$5.00 cash discount as you arrive at the gates. Applies to all race venues.

Race # 1 Shade's Mills 6.25 km, 12.5 km, and 25 km. April 26, 2008 (Cambridge). Early bird fees: Until March 26, 2008: 6.25 km \$30; 12.5 km \$35; 25 km \$40. **Regular fees:** after March 26, 2008: 6.25 km \$35; 12.5 km \$40; 25 km \$45. Registration closes midnight April 23, 2008. **Race Location:** Shade's Mills Conservation Area, Cambridge, Ontario. **Start times:** All races start at 9:00 a.m. from the Chalet area. **Directions:** Hwy. 401 to Cambridge. In Cambridge take Hwy 24 South 5 km to Avenue Rd. Turn left on Avenue Rd and go 2.5km. Entrance is on your right. **Course:** A well-groomed and scenic 6.25 km trail loop begins with a beach crossing, and then enters a trail system with several hills and one long gradual climb near the end. This course has an approximate elevation gain/loss of 125 m per loop. **Guest hotel:** Holiday Inn, Cambridge (519) 658-4601. Ask for the "Canuck trail rate". **Kit pick-up:** Shade's Mills Chalet, located 300 m into the park (follow signs), from 7:30 – 8:45 a.m. **Showers:** YMCA (3 km from start/finish). Turn left onto Avenue Rd. and follow to Hespeler Rd. Turn right and go 1 km. YMCA is on your left. Show your bib#. **Post-race reception:** 6.25 km 10 am, 12.5 km 11 am, 25 km 12:30 pm at start/finish area. **Note:** Training run April 12 at Shade's.

Race # 2 Bechtel Park 6.25 km, 12.5 km, and 25 km. June 7, 2008 (Waterloo). Early bird fees: Until May 7, 2008: 6.25 km \$30; 12.5 km \$35; 25 km \$40. **Regular fees:** After May 7, 2008: 6.25 km \$35; 12.5 km \$40; 25 km \$45. Registration closes midnight June 4, 2008. **Location:** Bechtel Park, Waterloo, Ontario. **Start:** 9am all races.

Directions: From the 401 take Hwy 85 north to Waterloo (Conestoga Parkway). Exit onto University Ave. East. Follow for about 500 meters. Turn right on Bridge St. Take the first right into Bechtel Park and follow signs to parking location.

Course description: A well groomed urban woodlot with natural woodland trail and some wood chips. There is an elevation of 50 meters per loop. **Guest hotel:** Comfort Inn 190 Weber St. North, 3km from venue (519) 747-9400. Ask for the "Canuck Trail Series rate". **Kit pick-up:** Outside the Manulife soccer complex. **Showers:** Manulife soccer complex.

Post-race reception: 6.25 km 10 am, 12.5 km 11am, 25 km 12:30 pm at start/finish area. **Note:** CTC & OTS point's race.

Race # 3 "Kelso Challenge" 6.25 km, 12.5 km, and 25 km. August 23, 2008 (Milton).

Early bird fees: Until July 23, 6.25 km \$30; 12.5 km \$35; 25 km \$40. **Regular fees:** After July 23, 2008: 6.25 km \$35; 12.5 km \$40; 25 km \$45. Registration closes midnight August 20, 2008. **Race Location:** Kelso Conservation Area, Milton.

Start times: All races start at 9:00 a.m. **Directions:** From Toronto or Mississauga: Take Hwy. 401 west to Hwy. 25 (Exit 320) north to # 5 Sideroad. West onto #5 Sideroad to Tremaine Rd. South on Tremaine Rd to Kelso Rd. West on Kelso Rd to Glen Eden. From Hamilton or Burlington: Take the QEW to Hwy. 25 (Exit 111). North on Hwy 25 to Derry Rd. West on Derry Rd to Tremaine Rd. North on Tremaine Rd to Kelso Rd. West on Kelso Rd. to Glen Eden. From Kitchener/Waterloo or Guelph: Follow the 401 east until Guelph line (Exit 312). North on Guelph line to # 5 Sideroad. East on # 5 Sideroad to Tremaine Rd. South on Tremaine Rd to Kelso Rd. West on Kelso Rd. to park entrance. **Course description:** This course has an approximate elevation of 300 meters per 6.25 km loop, making this the hilliest course in the CTC Series. It is well maintained, with plenty of rocks and roots along the way. **Guest hotel:** Ramada Milton Inn & Suites, 161 Chisholm Drive, Milton (905) 875-3818. Must book before August 1. **Kit pick-up:** Kelso Sunset Lodge, across the covered bridge from the main parking lot, from 7:30 a.m. until 10 minutes before the start. **Showers:** East campgrounds (south-east of dam). **Post-race reception:** Awards at the Sunset Lodge (race kit location). 6.25 km 10 am; 12.5 km 11 am; 25 km 12:30 pm.

Race # 4 Canuck Trail Weekend 6.25 km, 12.5 km, 25 km, 50 km and 92.2 km Ultimate

Canuck. September 20/21, 2008. (Kitchener): **Early bird fees:** Until August 20, 2008: 6.25 km \$30; 12.5 km \$35; 25km \$40; 50 km \$45; 92.2km \$85. **Regular fees:** After August 20, 2008: 6.25 km \$35; 12.5 km \$40; 25km \$45; 50 km \$50; 92.2km \$95. Registration closes midnight Sept.17, 2008. **Race Location:** All races start at Bingemans in Kitchener.

Start times: All races start at 9:00 a.m. **Directions:** From Toronto, take Hwy. #401 west to Hwy. #8 west. Take Hwy. #85 north to Wellington St. east. Turn right on Shirley Ave., and follow to the third Bingemans entrance on left side. From London, take Hwy. #401 east to Hwy. # 8 west (exit 278B). Go north on King St., and take Hwy. #8. Take Hwy. #85 north to Wellington St. east. Turn right on Shirley Ave., and follow to the third Bingemans entrance on left side (watch for race signs). **Course description:** Fine gravel for most of the trail, elevation gain/loss 50 meters per 12.5km loop, 70% shaded, great view of the Grand River. Rolling hills make this course challenging. The 12.5km, 25km, 50 km and Ultimate Canuck runners do a 12.5 km course of 3.125km out and back in one direction for and the same in the opposite direction of 3.125km. The 6.25 km will do a 3.125km out and back. Manual timing for 50 km and Ultimate 92.2km Challenge. **Kit pick-up:** Between 7:30 am – 8:45 am. **Camping:** Campsites and cabins available on site. Book early 519-744-1555. **Showers:** on site. **Post-race reception:** 6.25 km 10 am; 12.5 km 11 am; 25 km 12:30 pm; 50 km 3pm. Ultimate awards on Sunday at 4pm.

..... **Entry Form**

Please check events you wish to enter, and items you wish to buy.

Canuck sport towel: Quantity ___ x \$7 each = \$_____ *Free towel when you enter 3 races before June 4th.

Bingemans BBQ ___ or Fiesta Grange ___ Sept 20 \$18 x ___ adults = \$14 x ___ child (ages 5-11) =

Bingemans BBQ ___ or Fiesta Grange ___ Sept 21 \$18 x ___ adults = \$14 x ___ child (ages 5-11) =

Race # 1: Shade's Mills April 26 Cambridge
6.25 km ___ 12.5 km ___ 25 km ___

Race # 2: Bechtel Park June 7 Waterloo
6.25 km ___ 12.5 km ___ 25 km ___

Race # 3: Kelso Conservation August 23 Milton
6.25 km ___ 12.5 km ___ 25 km ___

Race # 4: Grand River Trail Sept. 20/21 Kitchener
6.25 km ___ 12.5 km ___ 25 km ___ 50km ___ 92.2km ___

Total fee (s) submitted: \$_____ * Please note, we regret that fees cannot be refunded.

Cheque payable to: Conquer the Canuck Run, Box 40013 Waterloo Square PO, Waterloo ON N2J 4V1.

Last name: _____ First name: _____ Gender: Female ___ Male ___

Address: _____ E-mail: _____

City: _____ Prov: _____ Post Code: _____ Phone: () _____

Date of birth: YYYY ___ MM ___ DD ____ . Age on January 1, 2008 (for series points): _____

Waiver: To participate in the Canuck Trail series at Shade's Mills Conservation Area in Cambridge on April 26, 2008, at Bechtel Park in Waterloo on June 7, 2008, at Kelso Conservation Area in Milton on August 23, 2008, and at Grand River Walter Bean Trail in Kitchener on September 20 and 21, 2008 or any of them, I accept the rules and regulations of the governing body and the event that I am entering and will comply fully with them and with the instructions of race officials. I am aware that a race of the distance and conditions I am entering may be extremely difficult and hazardous even for well-conditioned athletes under the most favorable conditions. I am also aware of the risks of adverse weather during my participation. I understand that I should not participate in this event unless I am in excellent physical condition, I have trained adequately for this event, and I have no medical condition that might be worsened by vigorous activity. Knowing these facts, and in consideration of your accepting this entry, I hereby for myself, my heirs, executors and administrators waive, release and discharge the Race Director, staff, agents, officials, volunteers, sponsors, contributors, supporting groups, the Grand River Conservation Authority, Conservation Halton, Region of Waterloo, City of Waterloo, City of Kitchener, City of Cambridge, Camp Quality Canada, Chip Time Results, Onlineregistrations.ca, and any other person or agency involved in this event, from any and all claims of liability, for my death or any and all injuries to me or to my property arising out of, or in connection with, this event and covenant not to sue for damages with respect thereto. This release extends to all claims of every kind and nature whether foreseen or unforeseen, known or unknown. I declare that I am physically fit and sufficiently trained to participate in this event and assume all risks associated with such participation. I hereby grant my permission to the race organizers to use my name and any photographs, digitally recorded images or video, videotape or other recordings, or record of my participation in this event for race publicity or awards purposes.

Signature: _____ Date: _____
(The signature of a parent or guardian is required here if the entrant is less than 18 years of age.)