

ENDURrun™

INTERNATIONAL

For more information or to volunteer, please contact **Lloyd Schmidt**, ENDURrun Director
Telephone: (519) 664-1331 E-mail: info@ENDURrun.com
 REGISTRATION can be made by mail or On-line. REGISTRATION cut off date is August 9, 2008.
 REGISTRATION is limited. See below.
 Entry fees are non-refundable and non-transferable. Post-dated cheques will not be accepted.
 Please submit all Relay Team members Entry Forms together.
 Race Package Pickup:
 Sat. August 9, Runners' Choice, University Ave. at King St., Waterloo, 12:00 noon to 2:00 p.m., or Stage Day

Event	2008 ENTRY FEES (CDN \$)				Registration Limit
	Before January 31	February 1 to April 30	May 1 to July 31	August 1 to August 9	
Individual - Ultimate	\$300	\$350	\$400	\$500	25
Individual - Sport	\$100	\$125	\$150	\$175	10
Relay (per Team)	\$300	\$350	\$400	\$500	10 Teams
Guest (per Stage)	\$20	\$25	\$30	\$35	10/Stage

Run for Free! Check www.ENDURrun.com for details!

Mail Entry Form to: **The 2008 ENDURrun**
2 Weberlyn Crescent,
Conestogo ON Canada N0B 1N0

Please make cheques payable to:
The 2008 ENDURrun

THE 2008 ENDURrun™ ENTRY AND WAIVER FORMS

In Consideration of your accepting my entry in "The 2008 ENDURrun", the signatory, intending to be legally bound, does hereby for myself, my heirs, executors, successors and assigns, waive, release and forever discharge all rights and claims I may have against The Regional Municipality of Waterloo, the Corporation of the City of Waterloo, Cambridge and Kitchener, the Townships of Wellesley, Wilmot and Woolwich, and any sponsors or organizers of this event, their agents, officers, representatives, heirs, successors, assigns and members for any and all damages (property, personal and all consequential damages) which may arise out of my travelling to, participating in and returning from this event. I specifically acknowledge that I have read the above warning and understand it, that I am physically fit and sufficiently trained to participate in this event, and that I have full knowledge of the risks involved in such participation, and fully accept such risks. I also consent to the reproduction of any photographs in any advertising or promotions. The Race Director reserves the right to disqualify anyone not conforming to the spirit of this event. IMPORTANT NOTE: The signatory acknowledges that this event is organized and operated by THE WATERLOO 10 KM CLASSIC ROAD RACE INC., a non-share capital corporation incorporated under the laws of the Province of Ontario and all rights and remedies shall be governed accordingly.

First Name		Last Name	
Street Address including Apt/Unit #			
City/Town	Province/State	Postal/Zip Code	Country
Telephone # ()	Sex (M/F)	Date of Birth (DD/MM/YYYY)	
Email Address (optional)		T-Shirt Size (S / M / L / XL)	
EVENT (please <input checked="" type="checkbox"/>) <input type="checkbox"/> Ultimate <input type="checkbox"/> Sport <input type="checkbox"/> Relay <input type="checkbox"/> Guest	Relay Team Name	For Guest or Relay participants, circle Stage(s) you will be running: 1 2 3 4 5 6 7	
Signature		Date	

This waiver Form must be signed for your Entry will not be accepted. If the Entrant is under 18 years of age, a parent/guardian must sign this Waiver Form. The above parent/guardian consents to the Entrant's participation in the event and acknowledges that he/she is bound by the Waiver Form to the same extent as the Entrant.



Sunday August 10th to Sunday August 17th, 2008

8 DAYS • 7 STAGES • 160 KM
1 TOUGH RUNNER
 THE 'TOUR DE FRANCE' OF RUNNING

Here's what participants have said:

"A unique personal challenge. The best endurance experience of my life. I'll be back." – A.J.

"The ENDURrun was a true test of my endurance and gave me renewed inspiration and focus as a runner." – A.C.

"I needed something beyond the marathon." – S.P.

"If you want to race and feel special, don't miss The ENDURrun. It is one special event." – P.A.

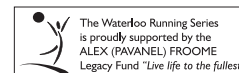
"Great training week!" – M.S.

"The ENDURrun was such a great experience that I almost didn't want to cross that final finish line." – A.B.

"The ENDURrun is the best event that no one knows about." – H.M.

"ENDURrun – my most memorable running experience. Loved every minute of every mile." – M.B.

PROUDLY SUPPORTED BY



Please join us in 2008!

www.ENDURrun.com

WELCOME TO THE RUNNING CHALLENGE OF A LIFETIME!

Not often is there a new event to the world's stage of running. An event that will create and generate world-wide attention, excitement, interest and competition. An event that will challenge you beyond your running goals and dreams.

Do YOU HAVE WHAT IT TAKES?

ENDURANCE. It simply means you can go the distance. You've reached your goals and continually strive toward the next level. And now comes the ultimate running challenge ... The 'Tour de France' of running ...



This 160 KM , 8 day, 7 Stage event will test your ability to draw deep into your reserves to pull out everything you're going to need. It's all about *ENDURance*.

CAN YOU GO THE DISTANCE?

We have chosen 7 varied and challenging venues throughout beautiful Waterloo Region to host a different Stage of **The ENDURrun**.

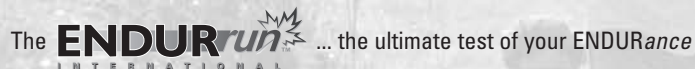
THERE ARE MANY WAYS TO PARTICIPATE:

Ultimate Event	Individual	7 Stages	160 KM
Sport Event	Individual	Stages 5, 6, 7	77.8 KM
Relay	Team of 2 - 7 members	7 Stages	160 KM
Guest Runner	Individual	any Stage or Stages	KM varies

WHAT IS YOUR GOAL?

You could also use **The ENDURrun** as a training camp. Varying and challenging terrain. Attention to detail. Runner's needs. These are what we provide. You provide the endurance, the sweat, the motivation, the determination. Whether your goal is to win or simply to finish, we are here to help you achieve YOUR goal.

The ENDURrun is brought to you by an experienced race committee with a long history of innovation, attention to detail and quality event organization. Join us in August 2008 for one incredible week. Compete with the best, or cheer on the rest. A celebration of excellence, a runner's dream. Please join us!



WHAT'S INCLUDED – IN ADDITION TO AN INCREDIBLE CHALLENGE

ALL ULTIMATE PARTICIPANTS WILL RECEIVE:

- An *ENDURrun* commemorative GOLF SHIRT and Technical T-Shirt
- Complimentary Saucony GYM BAG filled with goodies
- Collector 2008 *ENDURrun* PIN

ALL ULTIMATE FINISHERS WILL RECEIVE:

- Prestigious *ENDURrun* MEDAL
- Commemorative PLAQUE
- Completion Certificate

ALL SPORT & RELAY PARTICIPANTS WILL RECEIVE:

- An *ENDURrun* commemorative GOLF SHIRT
- Collector 2008 *ENDURrun* PIN

ALL GUEST PARTICIPANTS WILL RECEIVE:

- An *ENDURrun* Technical T-SHIRT
- Collector 2008 *ENDURrun* PIN

SUPPORT FOR ALL PARTICIPANTS:

- Pre-Race REFRESHMENTS prior to each Stage
- Post-Race REFRESHMENTS following each Stage
- A well-deserved Post-race MASSAGE
- FLUID STATIONS (Gatorade, Water, Gels) throughout course
- COURSE – varied design and terrain, safe, well-marked, split times
- VOLUNTEERS – experienced, trained, friendly, helpful

EVENTS AND AWARDS

ULTIMATE EVENT – 8 DAYS, 7 STAGES, 160 KM

PRIZE MONEY

(All prize money is in Canadian \$)

There is a total of \$3,500 in potential prize money to be awarded.

OVERALL Male and Female:1st \$750, 2nd \$350, 3rd \$150

COURSE RECORD:Male \$500, Female \$500

COURSE RECORDS: Male - Charles Bedley 9:37:38 Female - April Boulton 12:12:03

GOLD JERSEYS

The Male and Female cumulative time leaders after each Stage will have the honour of wearing the GOLD jerseys for the following Stage.

TROPHY

The overall Male and Female winners will have their names engraved on The *ENDURrun* Trophy.

MEDALS

- To all finishers

BONUS JERSEYS

(Male and Female)

- The BLUE Jersey will be awarded to the Sprint King

- the fastest combined times of Stages 2 and 6.

- The GREY Jersey will be awarded to the Mountain King

- the fastest combined times of Stages 4 and 5.

SPORT EVENT – 3 DAYS, 3 STAGES, 77.8 KM

TROPHY

The overall Male and Female winner will have their names engraved on The *ENDURrun* Trophy.

MEDALS

- To all finishers.

RELAY – TEAM OF 2-7 RUNNERS, 160 KM

PRIZE MONEY

(All prize money is in Canadian \$)

There is a total of \$1,250 in prize money to be awarded as follows:

1st \$750, 2nd \$350, 3rd \$150

TROPHY

The winning team will have their name engraved on the *ENDURrun* trophy.

MEDALS

All winning Relay team members will receive a medal.



	1	2	3	4	REST DAY	5	6	7
DATE	Sunday August 10	Monday August 11	Tuesday August 12	Wednesday August 13	Thursday August 14	Friday August 15	Saturday August 16	Sunday August 17
START TIME	8:30 a.m.	8:00 a.m.	8:00 a.m.	6:00 p.m.		8:00 a.m.	8:30 a.m.	8:00 a.m.
KMS MILES	21.1 13.11	15 9.32	30 18.65	16.1 10		25.6 15.91	10 6.22	42.2 26.23
VENUE	RIM Park	Riverside Park	Bechtel Park	Camp Heidelberg		Chicopee Ski Club	Gibson Park & Schmidt Residence	RIM Park
CITY	Waterloo	Cambridge	Waterloo	Waterloo		Kitchener	Elmira & Conestogo	Waterloo
TERRAIN	Road	Road & Trail	Trail	Road & Gravel		Trail	Road	Road
COURSE DESCRIPTION	Rolling	Rolling with major hill at start Time Trial	Cross Country	Hilly		Cross Country Hilly	Point to Point Very Flat Time Trial	Rolling
TIME LIMIT	2 Hours 45 Mins	2 Hours	4 Hours	2 Hours		4 Hours	1 Hour 15 Mins	6 Hours

Please refer to website for updates and official information. www.ENDURrun.com