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STURGEON VALLEY ATHLETIC CLUB



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Race Directors

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www.sva-club.com

St. Albert Fall Challenge

Sunday, September 26th 2010



Come and experience the St. Albert's beautiful Red Willow Trail system - paved pathways with no vehicle traffic. A slightly undulating woodland trail that winds along the mighty Sturgeon River. The crisp September morning air will inspire you to meet the St. Albert Fall Challenge.

Directions - Kingswood Park, St. Albert (see map at on-line registration)
Traveling North on St. Albert Trail from Edmonton, turn right on Sturgeon Road (before crossing bridge at bottom of first hill). Continue Eastbound on Sturgeon Road, across Boudreau Road until the T-intersection at Sir Winston Churchill Avenue. Turn left and entrance to Kingswood Park is approx. 400 meters on the left. Alternative parking at Lions Park or Kingswood neighborhood (please respect resident's driveways).

St. Albert Fall Challenge

8th Annual
Half Marathon

10K Run,

5K Run

Kids Loop



Hosted by

STURGEON VALLEY ATHLETIC CLUB

Sunday,
September 26, 2010

Kingswood Park
St. Albert

Start Time

8:00am - Half Marathon Walk

9:00am - Half Marathon Run

(2 laps of course)

and

5K/10K Run

(1 lap of course)

11:30am 1 Loop Fun Run For Kids

The Half Marathon course consists of two, 6.6 mile loops starting and finishing at Kingswood Park. Water stations at Start, Mile 2, Mile 4 and Kingswood Park / Finish. This is a flat, fast course , ideal for a personal best. Please note that the trail will be open to recreational users also. 5K/10K course is one loop starting and finishing at Kingswood Park.

All participants receive a short sleeve Technical T-Shirt. Must enter by Aug. 31st! Draw prizes, and BBQ to follow all events.

Please bring an item for the St.Albert Food Bank

How to enter

Mail or Drop Off

Sturgeon Valley Athletic Club

205a Carnegie Drive

(Corner of Campbell & Boudreau)

St. Albert T8N 5A9

Cheques payable to: St. Albert Fall Challenge

780-460-9999

On-Line

www.runningroom.com

Race Day*

7:00am - 8:00am only

Kingswood Park, St. Albert

*Race Capped @ 300 entrants

Race Package Pick Up

St Albert Running Room

#17 St. Anne Street, St. Albert

Friday, September 24, 2010

12 noon - 8:00pm

Saturday, September 25, 2010

9am - 12 noon

Kingswood Park

Sunday, September 26, 7:00am - 8:00am

Official Entry Form

Name: _____

Address: _____

City: _____

Postal Code _____

Telephone: _____

e-mail _____

Sex: Male Female

T-Shirt Size

Small

Medium

Large

X-Large

Entry Fees

By August 1-31, 2010:

1/2 Marathon - \$55.00 \$ _____

10K - \$55.00 \$ _____

5K - \$45.00 \$ _____

By September 1-18, 2010

1/2 Marathon - \$60.00 \$ _____

10K - \$55.00 \$ _____

5K - \$50.00 \$ _____

Note: Entry after Aug. 31 Does Not Include T-Shirts!

Youth (1/18) – See Website for fees.

Release and indemnity in consideration of your accepting this entry, I the undersigned intending to be legally bound, hereby for myself, my family, my heirs, executors and administrators, forever waive, release from liability and wave any and all claims (whether for personal injury, death, illness, property damaged and/ property loss), including claims for negligence, which I may have as a result of my participation in this race, against the following: On the Trails, its executive race organizer and members and volunteers assisting them, race sponsors, the city of St. Albert, the SVAC and other participants in this race. I acknowledge that trail running is a sport with risks (both known and unknown) inherent in it, and in signing this entry form it is my intention to accept those risks, and all consequences thereof, for myself alone. I acknowledge that I have read this release in its understand and agree to be bound by its terms, and that I am signing it voluntarily without duress of undue entirety, that I influence from anyone.

Signature
(or Parent/Guardian for entrants under 18)

Date