

Waiver

In consideration of the Wolfe Island Classic accepting my entry, or the entry of my child or ward, I hereby, for myself, my heirs, my child or ward, release from liability and waive any and all claims for damages (whether for personal injury, death, illness, property damage and/or property loss), including claims for negligence, which I may have as a result of my participation in this race against the following: The Wolfe Island Classic race organizers and volunteers, the Wolfe Island Business and Tourism Association and its Board of Directors, race sponsors and suppliers.

I grant permission to Event Organizers to use or authorize others to use any photographs, motion pictures, or any other record of my participation in this event or related activities without remuneration.

I have read this release in its entirety and understand and agree with its terms.

Signature: _____

(Parent/Guardian must sign for participants under the age of 18.)

Date: _____

Stuff to do

Besides run the race that is!

- Go for a dip in the river at the finish line.
- See the puppies in the kennel also at the finish line.
- Take a horse and wagon tour of the Wind Farm.
- Do some shopping at the village Galleries and shops.
- Check out the Farmer's Market and the Wolfe Island Bakery or visit the beach at Big Sandy Bay before taking the ferry ride home.

Race Contact Info

Co-Directors: Jim Gore and Linda Thomas
classicroadrace@wolfeisland.ca

Linda Thomas
92 Wyona Lane, R.R. 1
Wolfe Island, ON K0H 2Y0



Limit of 500 participants, so it's best to register early!

For more information on Wolfe Island, Ontario visit:
www.wolfeisland.com

Thank you to our Sponsors



THE KINGSTON WHIG-STANDARD



acaciagOLD KENNELS
Wolfe Island, Ontario



Fargo's General Store



Mosier's Convenience Store

The Wolfe Island Bakery

STONE HERON GALLERY



The Wolfe Island Business & Tourism Association



2009

5K & 10K Run/Walk
proudly presents
Sunday, July 5
9:30 a.m.

"TOUGH COURSE, GREAT PEOPLE"

Wolfe Island, Ontario
... the first of the Thousand Islands, located on the scenic St. Lawrence River between Kingston, ON and Cape Vincent, NY.



The race starts in the village of Marysville and follows an out and back picturesque course along the north shore road, facing Kingston.

Sunday, July 5
9:30 a.m.



Important Stuff

- Take the 7:15 a.m. ferry for FREE breakfast and pre-race presentations near the start line.
- DAG timing chips used and race timing provided by RRRResults.com. Everyone on "gun time."
- "Sweat Check" truck available.

Getting There

From Hwy 401 at Kingston, ON

- Exit 617 (Division St.) south to Queen St. Left onto Queen St. to Ontario St. Left onto Ontario St., turn right into the Wolfe Island Ferry Terminal. Parking and 20 minute ferry ride are FREE.

Ferry Times

From Kingston: 6:15 • 7:15 • 8:30 a.m.



Return: 12:00 • 1:15 • 2:30 • 3:30 p.m.

From Cape Vincent, NY

- Take Horne's Ferry. 5 minute ferry ride.

Ferry Times

From Cape Vincent: 8:15 a.m. • as needed to 9:00 a.m.

Return: 11:15 a.m. • 12:15 • 1:15 p.m.

Signing UP: 5K/10K

	Early Bird (until Apr.30)	Regular (until July 4)	Race Day
Single	\$20	\$25	\$30
Family of 3	\$50	\$60	\$70
Each additional member	\$10	\$15	\$20

On-line: www.events.runningroom.com

In Person: Running Room
277 Princess St., Kingston

Mail Cheque Payable to:
Wolfe Island Classic
92 Wyona Lane, R.R. 1
Wolfe Island, ON K0H 2Y0

Race Kits

Race kits can be picked up at the Running Room on the Friday and Saturday before the race, at the Wolfe Island Town Hall the morning of the race.

Race Kit Pickup Before the Race

- Friday, July 3: 12:00 noon to 9:00 p.m.
 - Saturday, July 4: 9:30 a.m. to 6:00 p.m.
- Running Room, 277 Princess St., Kingston

Race Day Registration and Kit Pickup

- 7:30 to 8:45 a.m. Wolfe Island Town Hall.

The Hardware

Prizes to the top 3 men and women overall. Medals to the top 3 men and women in each age category: Under 12, 13-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

Presentation: 10:45 a.m. at the finish line.

Kiddy Kilometre

- Ages 2-6. FREE. No registration required.
- 8:15 a.m. Race bib pickup: Wolfe Island Town Hall (one block west of ferry dock).
- 9:00 a.m. **START TIME**. You will need to take the 7:15 a.m. ferry to be on time.
- Medals to each child completing the race.

Free Stuff!!

DeFeet Socks!!

We are excited to say that this year included with each registration will be a pair of DeFeet Air-E-Ator custom socks.

The Air-E-Ator is the sock that kicked off the air-flow rage years ago and today still leads in durability, wicking, drying and abrasion resistance. The Aireator Sock is made with the finest sustainable fibres on earth!

Women's Sizes: S 6-8, M 8.5 - 10.5, L 11-13

Men's Sizes: M 7-9, L 9.5-11.5, XL 12+

Registration

Name:

Address:

Postal Code:

Telephone:

E-mail:

Age on Race Day:

Sock Size: F S/M/L
M: M/L/XL

Please circle items in RED that apply:

5K Run/Walk 10K Run/Walk

Male Female

Fees Enclosed (Registration and any purchases indicated):

	Early Bird (until Apr.30)	Regular (until July 4)	Race Day
Single	\$20	\$25	\$30
*Family of 3	\$50	\$60	\$70
*Each additional member	\$10	\$15	\$20

*Please complete a form for each member.

Please sign Waiver on reverse ...