

Shades Mills 25km/50km Trail Race “Down by the Beach”

Date: Saturday, April 9th, 2005.

Location: Shades Mills Conservation Area, Cambridge, Ontario.

Start Time: 9am sharp, for both events.

Directions to Race: Take Hwy 401 to Cambridge. Once in Cambridge take Hwy 24 South for approximately 5km until you reach Avenue Rd. Turn left on Avenue Rd and follow for approximately 2km. Entrance is on your right.

Course Description: This well-groomed and scenic 8.33km loop is 99% trail, and 1% asphalt. This course begins with a beach crossing, enters a trail system that navigates several contours and then has one very tough finishing hill (per loop). Overall elevation gain/loss per loop is approximately 300 feet. *50km runners* will complete 6 loops of the 8.33km course; *25km runners* will complete 3 loops of the course.

Aid Stations: 4km, & S/F. Fully Loaded with: Water, Coke, Gatorade, Juice, Hawaiian Punch, Candy, Salted Chips, Pretzels, Chocolate Chip Cookies, Chicken Noodle Soup, Fruit and more. Drop bag section provided at the start finish area to all runner's.

Guest Hotel: The Holiday Inn, in Cambridge will be the official host Hotel for this event. Ask for Shades Mills Trail rate. Their Phone # 1-519-658-4601. For directions go to www.holiday-inn.com/cambridgecan Note: Special rate up until March 21st/05.

Race Location: Both races will start at the Picnic Shelter (300 meters from Chalet).

Time Limit: 8 Hours for 50km & 4 Hours for the 25km.

Limited Entry: This event is limited to the first 300 entrants combined.

On-Line-Registration: www.onlineregistrations.ca (Closes midnight Thursday, April 7th or sooner, if event fills up). Please refer to confirmed entries.

In Store Registration: Register in person at: Runner's Choice, in Waterloo, until Friday, April 8th (5pm). Located at King and University. Ph: 519-884-5361. Race day entries will also be accepted.

Entry Fees:

	Date	25km	50km
Early Bird	By Feb 24 th	\$40.00	\$50.00
Regular	Feb 25 th - April 8 th	\$50.00	\$60.00
Race Day	April 9th	\$60.00	\$70.00

Awards: Top 3 M/F Under 40, 40-49, 50 plus & overall winners in both races. There will be 18 category prizes, in each event.

Finishers Medallions: A very unique Hawaiian style medal to all finishers, in both events.

Beach Clothes: Run in your favorite Beach clothes to enter a prize lottery. Prizes include passes to the Shady Beach in July/August.

Entertainment: The Shady Beach Bums, will perform live, on the beach.



Accreditation No. 2005005

Race Kits: All race kits can be picked up at the Shades Mills Chalet, located 300 meters into the park (Follow signs). Pick up time is between 7:00am and 8:50am.

Showers: The YMCA will be available for showers. They are located approximately 3.5km from the S/F, on Hespeler Rd. Turn left as you leave the conservation area (Avenue Rd), and follow until you reach Hespeler Rd. Turn right on Hespeler Rd and follow for about 1km. The Y.M.C.A. will be on your left side. Showers are complimentary; your Bib # is required as you check in.

Post-Race Reception: **Reception Location:** The reception will take place at the Chalet, located approximately 300 meters from the start/finish, in the same location where race kits were picked up.
25km Food/Awards: Pizza/Salad/Beverage/Dessert from 12:00 Noon (bib numbers must be shown)
50km Food/Awards: Pizza/Salad/Beverage/Dessert, ongoing from 2:30-5:00pm (bib numbers must be shown for meal).

Timing: Chip Time Results will provide championship Chip Timing.
www.chiptimeresults.com

Support Team/Beneficiaries:

- The Cambridge Harriers Running Club.
- St. John Ambulance of Cambridge.
- Grand River Conservation Authority of Shades Mills.
- Ontario Ultra and Trail Series.

Mail In Registration: Tony Martin, 385 St. Leger St. Kitchener, Ontario, N2H 4M8.
Cheque Payable To: Tony Martin.

Additional race info: Phone: 1-519-742-3513
E-Mail: conquerthecanuck@sympatico.ca

Complimentary Beach Towel: Free O.U.S/O.T.S Beach Towel to all registrations received on or before Friday, April 1st, 2005. These towels can also be purchased to support the O.U.S/O.T.S Series.

Massage Therapy Available: This complimentary service will be provided to all registered participants, from the instructors and students at the Canadian College of Massage & Hydrotherapy, from 11am - 4:00pm.



Release Waiver and Indemnity

To participate in the Shades Mills 25km/50km on Saturday April 9th, 2005, I accept, have read and understand all rules and regulations of the Ontario Ultra/Trail Series and of this specific event that I am entering and will comply fully with them. I am aware that a run of the distance and conditions specified for the specific event 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 conditions, which may accompany the event on the day of my participation. I understand that I should not participate in this event unless: (1) I am in excellent physical condition, (2) I have trained adequately for this event, and (3) 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 Ontario Ultra/Trail Series and all its officials, the Ontario Road Runners Association, The Ontario Track and Field Association, all of the various sponsors, the Race Director and his staff, agents, officials, Deerhurst Web, volunteers, or any other person involved in this specific event, and all government or private jurisdictions in which the specific event may take place including all Ontario Ultra and Trail events in the 2005 series, but not limited to the Hamilton Region Conservation Authority, the City of Kingston, the Royal Military College, City of Pickering, Dell Management, Metro Toronto Conservation Authority, The Ontario Provincial Government, The Bruce Trail Association, The Halton Conservation Authority, The city of Milton, Kelso Conservation Area, The Haliburton Forest & Wildlife Reserve Ltd, The City of Ottawa, The City of London, Upper Thames River Conservation Authority, Fanshawe Conservation Area, The City of Toronto, The City of Cambridge, The Grand River Conservation Authority, The Region of Waterloo, The City of Niagara Falls, The Region of Niagara, Niagara-On-The-Lake, The city of Owen Sound, Township of Georgian Bluff, Gray Sauble Conservation Area, Sydenham Bruce trail club, from any and all claims of liability, for any and all injuries to me (including, but not limited to death), or 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 have sufficiently trained to participate in this event and assume all risks associated with such participation in such an event. The race director (s) and/or executive members of the Ontario Ultra/Trail Series Board hold the right to cancel any event should weather or any other condition make it potentially unsafe for the participants and/or event volunteers, and reserve the right to remove any participant from a race for any reason including but not limited to infraction of rules or for medical reasons. Finally, I hereby grant my permission to the race organizers and Ontario Ultra and Trail Series sponsors to use my name, mailing address and any photographs, videotapes, recordings, or any record of my participation in this event for any purpose. My personal information will not be sold by either the Ontario Ultra and Trail Series or their sponsors.

Signature _____

Date _____

Signature of Parent or Guardian _____

Date _____

(required if participant is under 18 years of age)