


**TIM HORTON'S TWOSOME 5K—
FEBRUARY 11TH-11 AM.**

Race #1 in the Runner's Life Run Series

The Tim Horton's Twosome 5k is back. Come run this fun 5k with a partner. Your partner and you will run the 5k at Trent University. A nice flat course to beat those winter blues.

Entry Fee-\$20 per person 



**LINDSAY MILK RUN 10K & 5K—
JULY 22- 9 AM.**

Race #6 in the Runner's Life Run Series

This is a great summer race to participate in. Start and finish at the Lindsay Recreation Complex. There is a 5k Fun Run/Walk too!

Entry Fee-Before July 12th \$30/10k \$15/5k
After July 12th \$35/10k \$20/5k



**NINETEEN WETSUIT OPEN
WATER SWIM- MAY 27
9:30 AM.**

A 2k or 4k open water swim in the beautiful crystal clear waters of Sandy Lake. The water is shallow enough that you can stand up at any point of the swim, a great early season tune up for triathletes.

Entry Fee-\$20



**SHOPPER'S DRUGMART 10 MILER &
5K- APRIL 22—1 PM.**

Race #2 in the Runner's Life Run Series.

A beautiful scenic course with rolling hills. A great distance and a fun race. See you there!! Only 10 miler counts for series points.

Entry Fee-\$30 (10miler)
\$20 (5k)



**M.A.D. 10K— SEPTEMBER 16
10 AM.**

Race #7 in the Runner's Life Run Series

The course is an out and back on a paved road over scenic rolling countryside. This is an age graded race where all athletes compete at a level playing field.

Entry Fee-\$30



**PETERBOROUGH CRITERIUM-
JULY 28— 4 PM.**

A classic race for cyclists who enjoy the tight corners and fast speeds of criterium style racing.

Entry Fee-\$25



LAKEFIELD 5K— MAY 12— 9 AM.

Race #3 in the Runner's Life Run Series

A flat scenic 5K course along riverside trails. Come and run this fun, scenic course.

Entry Fee-Standard -\$20.00
Youth- \$10.00 (16 & under)
Seniors- \$10.00
Family-\$35.00



**HALLOWEEN X-COUNTRY 5K &
MUDRIDE-OCTOBER 28- 10 AM.**

Race #8 in the Runner's Life Run Series

Come dressed up in your favourite costume and run this fun x-country 5k. There is a kids fun run too. Stay for the MudRide a challenging offroad Experience.

Entry Fee-\$20 (5k)
\$20(MudRide)



**RUNNER'S LIFE SPRINGFLING
SKI RACE— MARCH 4— 10 AM.**

A great grass roots ski race of 6k or 12k for all abilities. Classic or skate this scenic trail through the woods where you're sure to have fun!

Entry Fee-\$20



**BEAT BEETHOVEN 8K— JUNE 3-
10:30 AM.**

Race #4 in the Runner's Life Run Series

Come and enjoy a great run and help support the Peterborough Symphony. You will start and finish to the sound of beautiful music.

Entry Fee-\$30 (8k)
\$20 (4k)



**RUNNER'S LIFE DUATHLON-
MAY 20— 1 PM.**

Race #1 in the Runner's Life Multisport Series.

Join us for the perfect early season race. Douro offers a scenic race site in the heart of quiet country roads ideal for testing your early season fitness.

Entry Fee- Long Course- \$40
Short Course-\$30
Relay Course-\$50



**DR. DOUG'S KIDS OF STEEL- AUGUST 25-
FIRST WAVE STARTS AT 9 AM.**

The Kids of Steel takes place at beautiful Beavermead Park. It is a fun event designed to keep kids active and healthy and introduce them to the fun of triathlon and fair play.

Entry Fee- Age 5 and under \$26
Age 6-13 \$31
Age 14-15 \$36



**ACCUPED MILE— JULY 1ST
10 AM.**

Race #5 in the Runner's Life Run Series

Celebrate Canada Day by running a mile! Fun for all! 10:00 am Kids 1 mile Fun Run, FREE! Time-10:15 am Women's Mile/10:30 am Men's Mile.

Entry Fee-\$20



**DIRTY DUATHLON- NOVEMBER 10-
11 AM.**

Race #2 in the Runner's Life Multisport Series

The race has been true to its name "Dirty". This is a race for all of you who love to mountain bike and run. All abilities welcome!! Very fun.

Entry Fee- Long Course- \$40
Rookie Wave-\$30
Relay Course-\$50



**DIRECTIONS TO THE RACES, ROUTE
MAPS, SPECIAL DETAILS, RACE KIT
INFO, SERIES INFO & STANDINGS,
TRAINING TIPS & PROGRAMS AND
MORE AVAILABLE AT**

www.runnerslife.ca/up_events.php



AWARDS

-Free Shoes to the person in the *Middle of the Pack!* That's right, it's our *Middle of the Pack* Award, you can do it!

-Top 3 Overall Male & Females Receive Great Prizes or Cash!

-Top 3 in every age group will receive Bottles of Wine!

Age groups are
19 and under, 20-29, 30-39, 40-49, 50-59, 60+
Lots of Draw Prizes

No duplication of awards

FOOD

The usual spread of goodies that you've come to expect from Runner's Life Events. Always good, always enough, always something new.

TECHNICAL T-SHIRTS

Technical t-shirts will be offered to the participant for an additional \$10. The t-shirt will be made of wicking fabric and will have one design for the Ensil Race Series 2007. Please check the box if you would like to purchase a t-shirt.

THANK YOU TO OUR SERIES SPONSORS



REGISTRATION

Name: _____
Age on Dec. 31st, 2006 _____
Phone: _____
email _____
Male: Female: (Circle)
For a Technical T-shirt check here ____(\$10)
Technical T-Shirt:
Mens__ Womens__(Circle) S M L XL
Enter Online at www.runnerslife.ca

ENTRY FEES

Tim Horton's Twosome 5k \$20/person _____
Twosome Team Name if applic. _____
Shoppers Drug Mart 10 Miler \$30(10 miler)\$20(5k) _____
Lakefield 5k \$20 _____
Beat Beethoven \$30(8k)\$20(4k) _____
Accuped Mile \$20 _____
Lindsay Milk Run (before July 12) \$30(10k)\$20(5k) _____
M.A.D. 10k \$30 _____
Halloween X-Country 5k / MudRide \$20(5k)\$20(Mud) _____
Runner's Life Duathlon* \$30(Long)\$20(Short)\$50(Relay) _____
Relay Team Name if applic. _____
Dirty Duathlon* \$30(Long)\$20(Rookie)\$50(Relay) _____
Relay Team Name if applic. _____
Nineteen Wetsuit Open Water Swim * \$20 (4k)(2k) _____
Peterborough Criterium \$25 _____
RLM Spring Fling \$20 _____
Dr. Doug's Kids of Steel _____
\$26(5&under)\$31(6-13)\$36(14-15) _____
Subtotal Entry Fee(s)- _____
Late Fee(If registering less than 7 days before event) \$5 _____
Technical T-shirt \$10 per tee _____
***Add \$6 if not an OAT member** _____
Total Fee **Total** _____
Drop off, mail or fax entries to: Runner's Life
174 Charlotte St. Peterborough, ON K9J 2T8
705-876-8960 phone 705-876-8630 fax
Please Do Not Mail Cash. Make Cheques Payable to Runner's Life
Visa or Mastercard (circle one)
_____ expiry _____
Sorry, no refunds

WAIVER: In consideration of your accepting my entry, or the entry of my child or ward, I, for myself, my heirs, my child or ward, my executors, and administrators of those of my child or ward, do hereby release and forever discharge Runner's Life Limited, St. Joseph's Church, Trent University, County of Peterborough, City of Peterborough, City of Lakefield, Peterborough Lakefield Community Police, Galloway Harvey Township, City of Kawartha Lakes, Otonabee Conservation Authority, Ganaraska Forest Authority, OPP, Sir Sanford Fleming College, Kawartha Nordic Ski Centre, Devils Elbow, Lindsay Rec Centre, all affiliated sponsors, all volunteers, Landholders, the race directors and race committee, sponsors, or their representatives, agents and employees, competitors and persons associated with the event from and against any kind of actions, and costs with respect to death, injury, loss or damage, occurring prior to, during, or subsequent to the event, to my person or property however caused and not withstanding that the same may have contributed to or occasioned by the negligence of any of the aforementioned.

Signature: _____
Date: _____
Signature of Parent if under
18: _____
Date: _____



ENSIL RUN SERIES 2007

Tim Horton's Twosome 5k
February 11, 2007

Shoppers Drug Mart 10 Miler & 5k
April 22, 2007

Lakefield 5k
May 12, 2007

Beat Beethoven 8k
June 3, 2007

Accuped Mile
July 1, 2007

Lindsay Milk Run 10k & 5k
July 22, 2007

McGillen, Ayotte, Dupuis M.A.D. 10k
Sept 15, 2006

Halloween X-Country 5k
Oct 28, 2007

Participate in 5 races & count towards The Series!

MULTISPORT EVENTS

Runner's Life Spring Fling Ski Race
March 4, 2007

Runner's Life Duathlon
May 20, 2007

Nineteen Wetsuit Open Water Swim
May 27, 2007

Peterborough Criterium
July 28, 2007

Dr. Doug's Kids of Steel
August 25, 2007

Halloween Mud Ride
Oct 28, 2007

Dirty Duathlon
November 10, 2007

For more information go to www.runnerslife.ca