

2005 Wolves Cross Country Running Series

Sponsored by:
GPRC Wolves X-Country Team
Wapiti Striders Running Club
Turcon United Construction

WHAT?

The Wolves X-Country running series is a group of informal, low key cross-country running races in the Peace Country area. The seven races are being held over a seven-week period beginning September 4.

WHY?

The series has been set up to develop the sport of cross-country running in the Peace Country. The aim of the series is to encourage participation from athletes of all ages and ability levels.

HOW DO I REGISTER?

Detailed registration information is available on the Wolves Series website (go to www.wapitistrickers.com and click on the Wolves Series link.) Please note, for some of the larger races, day-of-race entries are discouraged – please pre-register if possible. Entry fees are reasonable; normally \$5 or less per person. Runners under the age of 18 must have a waiver signed by a parent or guardian.

Registration in the series is automatic once you have registered in one race.

HOW DOES IT WORK?

Series awards will be given to the top 3 male and female runners in each of six categories - elementary school (Grade 1 to 3), elementary school (Grade 4 to 6), junior high school, senior high school, open and masters (40 and over.)

To be eligible for series awards, you must complete at least 3 of the 7 races. If you complete more than 3 races, your best 3 will count towards your placing.

WHERE ARE THE RACES HELD?

Races will be held at the Wapiti Nordic Ski Trails (Old Chalet), Queen Elizabeth Park (Grimshaw), Northern Lights College (Ft. St. John), the Tumbler Ridge Golf Course, Dreamer's Lake Campsite (Wanham) and Central Middle School (Dawson Creek).

HOW LONG ARE THE RACES?

Distances and courses will vary by race and category. The range of distances will be as follows:

Elementary School	up to 2 km
Junior and Senior High School	2 to 8 km
Open/Masters	5 to 10 km (+ OBW half marathon)

HOW DO I GET MORE INFORMATION?

Series information is available from Bill Corcoran at (780) 538-2369 or bcorcoran@gprc.ab.ca. For individual race information, contact the race director listed on the reverse of this paper or go to www.wapitistridders.com and look for the Wolves Series link.



2005 Wolves X-Country Running Series

Sunday, September 4

OBW ½ Marathon and 10 Km Trail Race
Wapiti Nordic Ski Trails
Old Chalet - Highway 40 Parking Lot
Grande Prairie, Alberta
10 a.m.

Eric Chislett (780) 814-7576 or echislett@gprc.ab.ca

Saturday, September 10

Grimshaw Gallop
Queen Elizabeth Park
Grimshaw, Alberta
11 a.m..

Rafael Carias (780) 332-4950

Saturday, September 17

Steve Burgess Memorial
Wapiti Nordic Ski Trails
Old Chalet - Highway 40 Parking Lot
Grande Prairie, Alberta
2 p.m.

Rick Scott (780) 532-2764 or rscott@gprc.ab.ca

Saturday, September 24

Grail Quest
Northern Lights College
Fort St. John, BC
10 a.m.

Grant Spelsberg (250) 785-5733 or gcspelesberg@shaw.ca

Saturday, October 1

Tumbler Ridge Ramble
Tumbler Ridge Golf Course
Tumbler Ridge, B.C.
11 a.m.

Dr. Charles Helm (250) 242-3984 or drchelm@pris.bc.ca

Wednesday, October 5

Dreamer's Lake Slog
Dreamer's Lake Campsite
Wanham, Alberta
4 p.m.

Lynn Connell (780) 694-2503 or aconnell@telusplanet.net

Saturday, October 8

Dawson Creek Sneak
Central Middle School
Dawson Creek, B.C.
11 a.m.

Trevor Kolkea - tkolkea@mail.sd59.bc.ca

For more information, visit
www.wapitistriders.com and click
on the Wolves Series link, or contact
Bill Corcoran at (780) 538-2369 –
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