

# Steve Burgess Memorial X-C Running Race

**Saturday, September 19, 2009**

Wapiti Nordic Ski Trails – Highway 40 Parking Lot  
Grande Prairie, AB

The GPRC Wolves X-Country running team, along with the Wapiti Nordic Ski Club, is pleased to host the 2009 Steve Burgess Memorial cross-country running race. The race honors the memory of Steve Burgess, a true friend of the local running and x-c skiing communities, who passed away in 2001.

## Course:

The courses are set on the “old” trails at the Wapiti Nordic Ski Centre. Each course is a single loop on dirt, sand, and forest trails and encompasses a number of small rolling hills. The course is suitable for spikes or flats.

## Schedule:

12:30 p.m.	<b>Elementary Boys and Girls</b> (Grade 1 to 3 and Grade 4 to 6)	1.5 km
12:30 p.m.	<b>Junior High Boys and Girls; Senior High Girls</b>	3 km
1:00 p.m.	<b>High School Boys; Open and Masters Women</b>	5 km
1:00 p.m.	<b>Open and Masters Men</b>	8 km

## Registration:

- \$7 per athlete (maximum \$20 per immediate family) for pre-registration
- \$5 per ACAC athlete
- \$10 per athletes on race day

- Runners are strongly urged to pre-register. Email ([bcorcoran@gprc.ab.ca](mailto:bcorcoran@gprc.ab.ca)) or fax (780-539-2796) entries to Bill Corcoran before Thursday, Sept 17 at 4:30 p.m.
- Pick up numbers and pay for entries at the Old Chalet at the Wapiti Nordic Trails after 11:30 p.m. on race day.

## Awards:

- Ribbons for the top 3 in each category

## Further Information:

Contact **Bill Corcoran** ([bcorcoran@gprc.ab.ca](mailto:bcorcoran@gprc.ab.ca)) or (780) 539-2735 (w) or (780) 538-2369 (h)