



# 2009 Wolves X-Country Running Series



## Sunday, September 6

DGLW Trail Run  
Wapiti Nordic Ski Trails – Lodge  
Grande Prairie, Alberta  
9 a.m.

*Laurie Lyle (780) 831-7305*  
laurlyle@telus.net

## Saturday, September 19

Steve Burgess Memorial  
Wapiti Nordic Ski Trails - Chalet  
Grande Prairie, Alberta  
12:30 p.m.

*Bill Corcoran (780) 538-2369*  
bcorcoran@gprc.ab.ca

## Saturday, September 26

Grailquest  
Northern Lights College  
Ft. St. John, B.C.  
10 a.m..

*Grant Spelsberg (250) 785-5733*  
gcspelsberg@shaw.ca

## Wednesday, September 30

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

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

## Saturday, October 3

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

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

## Saturday, October 17

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

*Trevor Kolkea (250) 786-5506*  
skolkea@mail.sd59.bc.ca

## Saturday, October 24

Wolves Final/XC Relay  
Wapiti Nordic Ski Trails - Biathlon  
Grande Prairie, AB  
1:30 p.m.

*Bill Corcoran (780) 538-2369*  
bcorcoran@gprc.ab.ca

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

[bcorcoran@gprc.ab.ca](mailto:bcorcoran@gprc.ab.ca)

# 2009 Wolves Cross Country Running Series

## WHAT?

The Wolves X-Country Running Series is a group of informal, low key cross-country running races in the Peace Country area. The ten races are being held over an eight-week period beginning September 6.

## 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.wapitistricers.com](http://www.wapitistricers.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 \$7 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 seven categories - elementary school (Grade 1 to 3), elementary school (Grade 4 to 6), junior high school, senior high school, open, masters (35 to 49), and really, really masters (50 and over).

To be eligible for Series awards, you must complete at least 3 of the 6 scoring races. If you complete more than 3 scoring races, your best 3 scoring races will count towards your placing. Please note that the X-C Relay is a non-scoring races in 2009.

## WHERE ARE THE RACES HELD?

Races will be held at the Wapiti Nordic Ski Trails (Chalet and Biathlon Stadium), 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 (+ DGLW half marathon)

## HOW DO I GET MORE INFORMATION?

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