

**25<sup>th</sup>** annual

## **Desjardins Niagara**

### **12 Mile Creek Trail Half Marathon**

Saturday, June 1, 2013

Run Start Time: 9 a.m.

Walkers Start Time: 7 a.m.

**Sponsored by**



**Desjardins**  
**Financial Security**  
**Independent Network**



[www.welovetorun.com](http://www.welovetorun.com)

**A Seriously Challenging Event**

**for 25 years!**

## Background

This is the 25<sup>th</sup> running of the 12 Mile Creek Half Marathon, founded by fellow Roadrunner Dr. Nabil Khairallah in 1989. The race follows a historic route which includes the first Welland Canal, historic Yates Street and the old Taylor and Bate Brewery. The first leg of the race also includes the Merritt Trail and passes the old tram bridge at Erion Road. At the turn around retrace your steps and head back to the trails behind Brock University, but only after you have confronted **Hydro Hill** as you climb the Niagara escarpment.

**This is a challenging half marathon (21.1 km or 13.1 miles) with numerous hills (not just a few) and other challenges.**

There is also a piper to start the race. Listen for the "Och-Aye, Jimmy Bagpipe" start.

## Entry Fees

Runners: \$38 CDN & USD

Walkers: \$24 CDN & USD

## AWARDS

Top 3 overall M & F / Top Master M & F,  
Overall Male & Female Walkers and at least 2 deep in 10 year age running groups: 19 & under, 20-29, ... to 60 +



**Online Registration: visit <https://www.onlineregistrations.ca/12milecreek/>  
and check out the race page <http://www.welovetorun.com/events/12mile.html>**

### **RACE INFORMATION (again)**

Race Date: Saturday, June 1st, 2013

Race Kit Pick Up: 6:30 am - 8:45 am

Walking Start: 7:00 am

Race Start: 9:00 am

Awards Ceremony: About 12:00 noon

### **RACE HIGHLIGHTS**

- Field limited to 250 runners
- Long sleeve t-shirt guaranteed to pre-registered runners, on or before **May 17, 2013**, midnight
- Returning runners and walkers can get their names on the back of the shirts
- Walkers' division, 7:00 a.m. start
- Out and back and looped section on multiple rolling hills



- 80% hard-packed gravel on meandering and picturesque 12 Mile Creek Trail also known as the historic Merritt Trail, in St. Catharines, Ontario
- 6 electrolyte and water stations
- Lots of awards courtesy of **Desjardins Financial Security**
- in January, the course is home to the 12 Mile Creek **Fool's Marathon**
- Climb Hydro Hill, part of the Niagara Escarpment, and find out why runners keep coming back to this unique race
- **Post-race activities:** One of the year's best post-race events **with sustenance mostly starting with the letter "B", bananas, bagels, ...**

### **Directions to Registration on Lockhart Drive in St. Catharines**

From QEW (east or west) take HWY 406 South to St. David's Road West - look for signs to Brock University, exit at St. David's Road West. At lights - Brock Campus, turn right onto Glenridge Ave. (north). Continue downhill and take the first left at the bottom of the hill onto Lockhart Drive. Continue through to end of Lockhart to the Race registration location (5 minutes from Pen Centre).

**Contact Race Director:** Gary Addison: [garyadd@hotmail.com](mailto:garyadd@hotmail.com)



Register online at <https://www.onlineregistrations.ca/12milecreek/>  
or mail **CHEQUES** and **APPLICATIONS** to: St. Catharines Roadrunners & Walkers, PO Box 23004, Lake/Carlton Plaza, St. Catharines ON L2R 1R5



Name: \_\_\_\_\_ Gender: Male  Female

Address: \_\_\_\_\_

City \_\_\_\_\_ Prov. \_\_\_\_\_ PC/ZIP \_\_\_\_\_ Phone: \_\_\_\_\_

Email address: \_\_\_\_\_ Age on Race Day: \_\_\_\_\_

Runner  Walker  Shirt Size: Extra Small  Small  Medium  Large  XLarge

**# of Previous Years Completed:** \_\_\_\_\_. **Zero is also an answer, but you won't get your name on the shirt this year (sorry!).**

In consideration of my entry, I do hereby, for myself, my heirs, executors and administration waive, release and forever discharge any and all rights and claims for damages which I may have or which may hereafter accrue to me against the St. Catharines Roadrunners and Walkers Club, The City of St. Catharines, the sponsors of this event or their respective officers, directors, agents, representatives, successors, and/or assigns for any and all damages which may be sustained and suffered by me in connection with my said association with or entry in and/or arising out of my traveling to, participating in and returning from said athletic meet including any claims arising from my negligence. I have read the above statement, I understand it, and my signature confirms its full acceptance. I attest that I have full knowledge of, and assume the risks involved in this event and I am physically fit and sufficiently trained to participate in the event. I grant full permission to any and all foregoing to use my likeness participating in this event without obligation or liability to me.

Signature: \_\_\_\_\_ Parent (if under 18 years of age) \_\_\_\_\_