

How To Register

Online:	www.runqcm.com
By Mail:	Queen City Marathon P.O. Box 37039 Regina, SK S4S 7K3
In Person	Running Room
Regina	2118 Albert Street
Outside of	Any Running Room
Regina	in Canada

Race Cancellation Policy – The Queen City Marathon runs rain or shine, within the reasonable weather expectations for the middle of a Saskatchewan September. In the event that weather conditions are deemed hazardous to participants and volunteers, the QCM reserves the right to briefly postpone or cancel the event outright. As stated in the course rules, there will be no refunds for weather cancellation. In the event of cancellation, funds not required to cover race expenses will be donated to the QCM charity of choice.

The VERY Important Fine Print About Registration:

Online Registration closes at 11:59 p.m. (Saskatchewan time) on September 5th, 2006. Anyone wishing to register after this time must do so in person at race package pickup, where brochure prices will apply. **There is no race-day registration or package pickup.** To allow for manual database entry, mail-in registration forms must be post-marked by 11:59 p.m. Friday, September 1st, 2006. Forms dropped off at Running Room locations must be received by 5:00 p.m. Tuesday, September 5th, 2006. A processing fee will be charged on all credit card payments, including online, and your credit card statement will read "Running Room Edmonton".

Register Online at RUNQCM.COM and Save!

	Up To June 30/06	Up To Aug 31/06	After Aug 31/06
Marathon			
Online	\$50.00	\$70.00	\$90.00
Brochure	\$60.00	\$80.00	\$100.00
Wheelchair Marathon			
Online	\$50.00	\$70.00	\$90.00
Brochure	\$60.00	\$80.00	\$100.00
Half Marathon Run			
Online	\$40.00	\$60.00	\$80.00
Brochure	\$50.00	\$70.00	\$90.00
Half Marathon Walk			
Online	\$40.00	\$60.00	\$80.00
Brochure	\$50.00	\$70.00	\$90.00
Super Masters Mini Marathon			
Online	\$25.00	\$35.00	\$40.00
Brochure	\$35.00	\$45.00	\$50.00
McDonald's Mini Marathon			
Online	\$15.00	\$20.00	\$25.00
Brochure	\$25.00	\$30.00	\$35.00
Saturn Relay Marathon Team			
Online	\$140.00	\$190.00	\$250.00
Brochure	\$150.00	\$200.00	\$260.00

NOTE: team members must register under your team name

NEW PASTA PARTY MENU FOR 2006!

The QCM Conexus Arts Centre Pasta Party features: artesian breads, tossed salad with assorted dressings, Italian marinated vegetable salad, lasagna with meat sauce, penne pasta with a mushroom cream sauce, dainties, fresh sliced fruit, coffee, tea, pop and water.

**Admission is \$10.00 per participant or guest.
Children 5 and under admitted at no charge.**

Guarantee your seat and pre-purchase your ticket with your registration. Last-minute tickets will be available at package pickup, while supplies last.

Here's What QCM Runners Are Saying:

"I am off to Boston. Thanks for your part in making that happen. Give yourselves a huge pat on the back, even have a few beers. Great Job!!!"

Doug - Regina, Saskatchewan

"I just finished spending the weekend in Regina to run the QCM for my 3rd time. Yet again this was an amazing event, and it gets better every year. The only word I can use to describe it is "fun". The volunteers at each of the water stations were some of the best that I have ever seen. I will be climbing into the car for seven hours next year to support this event again."

McBoom - Winnipeg, Manitoba

"I traveled to Regina with three friends from Calgary and Winnipeg. We were all thoroughly impressed by the great race that Regina had to offer - great job!!"

Shaunta - Calgary, Alberta

"As for the course, it sits right up there with Victoria, Ottawa, and PEI as my favourites. I plan to bring friends from the Island next time I go to Regina."

Rob - Charlottetown, PEI

Schedule of Events

Thursday, September 7

4:30 pm - 9:00 pm Race Package Pick-up

Friday, September 8

1:00 pm - 9:00 pm Race Package Pick-up

Saturday, September 9

9:00 am Running Room
Friendship Run
2118 Albert St.

9:00 am - 4:30 pm Race Package Pick-up

5:30 pm - 8:00 pm QCM Conexus Arts Centre
Pasta Party, 200 Lakeshore Dr.
(the former Saskatchewan Centre of the Arts)

Sunday, September 10

6:30 am Race Site Opens
7:55 am Wheelchair Marathon Start
8:00 am QCM Begins!
8:45 am McDonald's Mini Marathon
8:50 am Super Masters Mini Marathon
2:00 pm Course Closes

Photo courtesy Jarren Tomlinson/TPS Sports Photos
Cover photo courtesy Terry Chevalier/Regina Leader-Post



The QCM is pleased to support our charity partner, CanWest Raise-A-Reader. Raise-A-Reader Day will be September 28, 2006 supporting family and children's literacy programs in southern Saskatchewan.



For information about registering or to volunteer please call **866.2.RUN.QCM** (866.278.6726) **5.THE.QCM** (584.3726) or visit us online at

www.runqcm.com

Queen City Marathon

- 42.2 km Boston Certified Marathon
- 42.2 km Saturn Relay Team Marathon
- 21.1 km Half Marathon Run
- 21.1 km Half Marathon Walk
- 3 km Super Masters Mini Marathon
- 3 km McDonald's Mini Marathon



Sunday, September 10, 2006
Regina, Saskatchewan, Canada



www.runqcm.com

QCM Entry Form - Sunday, September 10, 2006

Your information will be used to provide you with periodic updates, information and results directly related to the QCM. The Queen City Marathon will not sell, rent or trade your information with any third party. The inclusion of your email address is voluntary, and you can request removal from the list at any time by calling us at **5.THE.QCM** (584.3726) or toll-free at **866.2.RUN.QCM** (866.278.6726).

Full Marathon Half Marathon "Run" Half Marathon "Walk"

Wheel Chair Marathon McDonald's Mini Marathon Super Masters Mini Marathon

Saturn Relay Team Marathon – Team Name

Team Captain

IMPORTANT: Saturn RELAY TEAMS – Your Team Captain must collect a completed registration form from each Relay Team member. The forms for all team members must be submitted at the same time, along with the Team's registration fee. If registering via the QCM website, please fill out the extended RELAY form.

First Name: Last Name:

Address:

City: Prov/State: Postal/ZIP Code:

Date of Birth: Sex: Female Male T-Shirt Size: S M L XL

Day Phone: - - Evening Phone: - -

Email:

Important! Email address required to receive registration confirmation. Registration confirmations are not mailed.

May we display this applicant in the confirmation list on our website? Yes No

Yes! I will be attending the pasta party. **Expected finishing time:** Hours Minutes

Running Profile (for use by the Race Announcer)

I have been running: years. This is my marathon/half marathon and my time at the QCM.

Medical Profile (IMPORTANT): Please list any medical conditions or injuries that the Queen City Marathon should be aware of:

Method of Payment QCM Conexus Arts Centre Pasta Party Passes _____ @ \$10 each \$ _____

Cash Cheque (payable to Queen City Marathon) Plus QCM Registration Fee \$ _____

VISA MasterCard Total Payment to QCM \$

A processing fee will be charged on all credit card payments and your credit card statement will read "Running Room Edmonton"

Card Number _____ Exp date MM/YY _____

All Participants MUST read and sign and date this Waiver!

In consideration of your accepting this entry, I the undersigned intending to be legally bound, hereby for myself, my heirs, executors, and administrators, forever waive, release and discharge any and all rights and claims for damages and causes for suit or action, that I may have at any time against the Queen City Marathon, City of Regina, Wascana Centre Authority, University of Regina, all race committee persons, officials, volunteers and all sponsors of the marathon, for any and all injuries suffered by me as a result of participating in this event. I attest that I am physically fit, have had an opportunity to consult a physician or have consulted a physician and have not been advised of any or do not have any medical disabilities, concerns or restrictions, which would preclude or put me at risk as a result of participation in this event and am aware of the dangers and precautions that must be taken when running in warm or cold conditions, and have sufficiently trained for this event. I consent to the use of my name, likeness and any photos and/or video footage in which I may appear for any purposes related to the promotion of Queen City Marathon and do so without expectation of remuneration of any kind.

Signature (Parent/Guardian signature required if under 18 years old) _____ Date _____

Drop off completed entry to The Running Room, mail it to P.O. Box 37039, Regina, SK, S4S 7K3 or register on-line at www.runqcm.com

For Office Use ONLY

CC Confirmation #	Date Processed	Race #	Processor Initials
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Race Package Pick-up – MacKenzie Art Gallery, 3475 Albert Street. Corner of Albert & 23rd, next to the start/finish area.

- September 7th – 4:30 pm - 8:30 pm
- September 8th – 1:00 pm - 8:30 pm
- September 9th – 9:00 am - 4:30 pm

NOTE: Race kits will not be mailed or delivered. There is no race day package pick-up.

Timing Chips – will be included in your package and there will be an automatic \$50 charge for chips not returned on race day.

Course Rules – visit www.runqcm.com

QCM Conexus Arts Centre Pasta Party Now with a NEW Menu for 2006!

Saturday from 5:30 pm - 8:00 pm at the Conexus Arts Centre, 200 Lakeshore Drive (formerly the Saskatchewan Centre of the Arts). **Admission is \$10.00 per participant or guest.**

Post Race Hospitality – The tradition continues as the Radisson Plaza Hotel Saskatchewan plays host to an excellent post-race food tent on-site.

Awards – A commemorative plaque courtesy of TPS Sports Photography will be mailed to the top three overall male and female runners of the full marathon, half-marathon run, and McDonald's Mini Marathon. The top three Saturn Relay teams will also receive a commemorative plaque.

Finish Line Photos – TPS Sports Photos is the official photographer of the QCM. Order your finish line photos at www.tpssportsphotos.bc.ca

Shirts, Medals & Certificates – Full Marathon finishers can pick-up their short sleeve technical fabric running shirt at the Finisher's Shirt Tent immediately after crossing the finish line.

All other runners and walkers receive a short-sleeve cotton T-shirt at race package pick-up. To receive your guaranteed T-shirt size by race day, registration is required by June 30th. If you register after that date, you will receive a T-shirt and finisher medal, but we cannot guarantee you will receive these race weekend. Following the event, visit www.runqcm.com for pick-up dates from the Running Room.

Medals will be presented to each participant as they cross the finish line for each category. Participants in the Saturn Relay receive their medals at the Saturn Relay Exchange Zones as they finish their relay legs.

Race certificates will NOT be mailed out but will be available for downloading from our website 5-6 weeks following the event.

Marathon – The QCM is AIMS/IAAF certified as a Boston-qualifying marathon course. 2006 course improvements are underway. Check our website closer to race day for the certification code and new downloadable course map and text directions.

Half Marathon "Run" – 21.1 km run. Half-marathoners start with all the other runners.

Half Marathon "Walk" – 21.1 km walk. Half-marathon walkers start with all the other runners, but we ask that all walkers start at the back of the pack. This is a fun walk and no prizes are awarded for the Half-Marathon Walk.

Saturn Relay Team Marathon – participants run the 42.2 km marathon course. Teams must be comprised of 3 to 5 members. Team members use the timing chip as the "baton" to pass. NOTE: the first and last runner must wear the timing chip and it must be worn around the ankle to receive an official time. The first member of each team starts with the other runners.

NOTE: For Team Registration, 3 to 5 completed and signed Registration forms MUST accompany the FULL Registration Fee.

Relay Exchange Zones – Visit www.runqcm.com for the latest updates on the NEW relay exchange zones.

Relay Transportation – Transportation is not provided to/from the relay exchange zones.

Super Masters Mini Marathon – is a closed 3 km loop course for participants 65 years or older. Event begins at 8:50 am. This is a fun run/walk & no awards are given.

McDonald's Mini Marathon – is a closed 3 km loop course for boys and girls under the age of 18. Mini-marathoners start at 8:45 am.

Pre-Race Bag Drop Off & Storage – Open race day from 6:30 - 7:55 am. Please allow at least 45 minutes to check in your gear.

Excess Clothing Drop Off During the Race – Available at 3 km or any aid station along the route. All excess clothing will be returned to the information tent after the course closes at 2:00 pm. Lost and unclaimed clothing is not the responsibility of the QCM.

Course Distance Signs – Distances will be posted at every mile and kilometre mark

Running Room Pace Bunnies – Pace Bunnies for the QCM are provided by the Running Room. Watch for their pink ears at the starting line and on the course. The QCM is not responsible for the performance of the Pace Bunnies.

Aid Stations – Gatorade and Nimbus water available approximately every 2.5 km to 3.5 km. PowerGels available at approximately 14 km, 22 km & 36 km. Aid stations close once the last participant has passed, or at 2:00 pm, whichever comes first. The QCM assumes no responsibility, including medical and aid station support, for participants on the course after course closing at 2:00 pm. Timing and a skeleton finish line crew will remain until the last marathoner is across the line.

Massages – Massages are available in the race infield following the race. Massages are \$10 cash, paid for at the Massage tent on a first-come, first-served basis. Proceeds go towards the QCM Charity of choice.

Friendship Run – The Running Room (2118 Albert Street) will be hosting a Friendship Run, Saturday at 9:00 am. Join your fellow QCM-er's for friendship, fun and an easy 2.5 km run to Wascana Park.

Accommodations – There is no finer hotel in Regina than the Radisson Plaza Hotel Saskatchewan, the official hotel of the QCM. Located in the heart of downtown Regina. For reservations call: 800.333.3333 or visit www.hotelsask.com
Request the special QCM rate & late checkout!

Volunteers

Volunteers keep the QCM running. (Family, friends, co-workers, high school students - community service hours)

- Traffic Marshals
- Infield Set-up
- Infield Takedown
- Package Pick-up
- QCM Pasta Party
- Timing
- Parking Lot Attendants
- Entertainment
- Site Maintenance
- Other

Sign up to volunteer at www.runqcm.com or call 866.2.RUN.QCM

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www.runqcm.com