



### Entry Information:

- \$28 entry fee, includes T-shirt (sizes available on first-come basis) and a medal for **all** finishers.
- Entry fees must be received by Tuesday, April 12, 2005.
- \$20 late entry fee (no t-shirt) accepted up to 8 pm Friday, April 15, 2005.
- Please make cheques payable to LCC Flaman Road Race. Sorry, no refunds.
- All US entries must be accompanied with a money order in Canadian Funds.

### Post Race Information:

- All finishers receive a medal.
- An awards ceremony will be held in the Val Matteotti gymnasium at LCC immediately following the race.
- All runners 18 years and over are invited to Bully's for a complimentary beverage and appetizers.
- Prizes are awarded to the top three runners in each category.
- Draw prizes: must be in attendance to win (includes an eilliptical from Flaman's).
- Shuttle service will be provided from race start site for items to be taken to LCC.

### Prize Information:

Flaman Fitness overall cash prizes (10 mile/4 mile/ male/female):

**Winner:** \$250

**2nd Place:** \$150

**3rd Place:** \$75 Gift Certificate

\*\* Special award to 10 mile male and female overall winners as part of the 10 Mile Timex Series.

### Accommodation:

For accommodation book rooms at the Lethbridge Lodge

Phone: (403) 328-1123 or 1-800-661-1232.

Please ask for 10/4 Road Race rates.

For more information contact the  
Lethbridge Community College at  
(403) 382-6918/6903.



# 2nd Annual LCC/Flaman 10/4 Road Race



**Saturday, April 16, 2005**

**Staggered starts:**

**10 Mile at 10 am**

**4 Mile at 10:20 am**

**Sponsored by:**



**FLAMAN**

# LCC/FLAMAN 10/4 ROAD RACE ENTRY FORM (PLEASE PRINT CLEARLY)

Name in full \_\_\_\_\_  Male  Female

Address \_\_\_\_\_

City \_\_\_\_\_ Province \_\_\_\_\_ Postal Code \_\_\_\_\_ Phone \_\_\_\_\_

Date of Birth (d/m/y) \_\_\_\_\_ Age (as of Dec. 31, 2005) \_\_\_\_\_

T-shirt size  S  M  L  XL  XXL Fee Paid: \$ \_\_\_\_\_

Race Category  10 mile (Timex Series)  4 mile

Visa/Mastercard # \_\_\_\_\_ Expiry Date \_\_\_\_\_

## Age Categories (please check)



### 4 Mile

- 10 and under
- 11-15 years
- 16-19 years
- 20-29 years
- 30-39 years
- 40-49 years
- 50-59 years
- 60 and over

### 10 Mile (Timex Series)

- 19 and under
- 20-29 years
- 30-39 years
- 40-49 years
- 50-59 years
- 60 and over

**NEW** - Register online at [www.runnersoul.com/10-4](http://www.runnersoul.com/10-4)

**Send entries to:** Lethbridge Community College/Athletics  
3000 College Drive South  
Lethbridge, AB T1K 1L6  
Or fax to (403) 317-3585  
Drop Off: LCC Equipment Room (PE Building)

### Waiver, Release and Indemnification form

*In consideration of your acceptance of this race entry, I, for my self, my heirs, executors, administrators and assigns, forever waive release and discharge any and all rights, demands, claims for damages and causes of suit or action known, that I may have against LCC Kodiak Flaman Fitness 10/4 Road Race committee, Lethbridge Community College, Flaman Fitness, and any and all participating race sponsors and supporters and directors, officers, employees and agents of such race. I attest and verify that I have full knowledge of the risks involved in this race, that I assume those risks, that I will assume and pay my own medical and emergency expenses in the event of accident, illness, or other capacity, regardless of whether I have authorized such expenses and that I am physically fit and sufficiently trained to participate in this race. I certify that all information is correct.*

Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent / Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

# Are you up for the challenge?



The 10/4 Road Race will give all running enthusiasts the opportunity to test themselves in one of Alberta's most challenging road races. The 10 mile distance will take you up and down the hills three times. Start at Fort Whoop Up, up Bridge Drive, loop around University Drive and down Whoop-up hill and past the Water Treatment plant, up the new paved bike trail hill near English Oaks. Continue along Scenic Drive and finish at LCC. The 4 mile race will take you up the same hill near English Oaks, connect with Scenic Drive and finish at LCC. This 2nd annual 10/4 Road Race will feature runners joining together along the river bottom and the Scenic Drive bike path towards the Finish Line at LCC.

## Things to know . . .

- Bus transportation will be available on race day from LCC to the start between 8-9:30 am. No transportation will be available to Fort Whoop-Up after the race.
- Race is on Saturday, April 16th, 2005.
- Staggered race start: 10 mile starts at 10 am; 4 mile starts at 10:20 am (due to congestion at Fort Whoop Up).
- Race starts at Indian Battle Park, near the Fort Whoop Up parking lot which will be closed for runners-warm up area.
- All races end at Lethbridge Community College PE Building.
- **Race map** is provided at the registration area or check at [www.lethbridgecollege.ab.ca/10-4](http://www.lethbridgecollege.ab.ca/10-4)

## Race Number Pickup

- Pick up race numbers in person at LCC (PE Building lobby) on Friday, April 15th between 7-9 pm and only at LCC on Saturday, April 16 from 8 – 9:15 am.
- Identification is required. Athletics Alberta card number must be shown prior to race (if applicable).
- Numbers must be visible to race officials throughout the race.
- Unauthorized changes to entries will result in disqualification.

## Special thanks to our additional sponsors:

**Bully's Entertainment**  
**Southland Trailer**  
**Murray Chev Olds**  
Global TV  
LCC Campus Recreation  
Lethbridge Lodge  
Country 95.5 FM/B-93  
Lethbridge Herald  
LCC Campus Recreation

Holmes Ecowater  
Sven Ericksen's  
National Motor Coach  
Coca-Cola Bottling Ltd.  
Shaw Cable  
The Movie Mill  
Runners Soul  
Timex/Athletics Alberta  
Sobeys Upland's

