

The Claus Cause

How to Register:

by mail

Send completed entry form and a cheque made payable to:
Runners Soul
2646 South Parkside Drive
Lethbridge, Alberta T1K 0C4

in person

Return completed entry forms to Runners Soul.
Payment by cash or cheque only.
Please make cheques payable to Runners Soul.
Check website to confirm entry:
www.runnersoul.com/events.php

online

Enter online with Visa or Mastercard at
www.runnersoul.com/events.php

Call (403) 327-2241 for information!
Sorry - - - - No cancellations or refunds.

Entry Fee:

\$20 & non-perishable food item

Entry fee includes post-run refreshments and a custom Claus Cause souvenir for the first 300 participants.

Please bring your non-perishable food item to race package pickup.

Race package pick-up:
Friday, Nov. 16, 2018 at Runners Soul
(10 am - 5:30 pm)



**Runners Soul
presents**

The Claus Cause



NOVEMBER 17, 2018

**5 & 10 km run/walk
in support of the
Lethbridge Food Bank**

limited to the first 400 entries

Entry Form:

• One person per entry form • Photocopies are acceptable

Last Name: _____

First Name: _____

Address: _____

City: _____

Province/State: _____

Postal Code/Zip Code: _____

Email Address: _____

Phone (Day): _____

Phone (Eve): _____

Age on Event Day: _____

Sex: Female Male

Event: 5 K 10 K

Entry Fee: \$20 Cheque Cash (no debit)

Online entry available at:

www.runnersoul.com/events.php

Individual Age Category:

9 & Under 20-29 50-59

10-14 30-39 60+

15-19 40-49

RELEASE OF LIABILITY, WAIVER OF CLAIMS AND ASSUMPTION OF RISKS. BY ACCEPTING A RACE NUMBER YOU WILL WAIVE CERTAIN LEGAL RIGHTS, INCLUDING THE RIGHT TO SUE. PLEASE READ CAREFULLY. I have read the conditions of entry for The Claus Cause and I understand and agree to be bound by them. I know that participating as a runner, jogger, walker, or participant with a stroller in a road race, is a potentially hazardous activity and that I should not participate unless I am medically able and properly trained. I also understand that although traffic control will be provided, there may be traffic on the course. I assume on my behalf and behalf of my child all risks of jogging, running, walking or traveling with a stroller, including in traffic. I also assume any and all other risks associated with participating in the race, including but not limited to falls, injury, contact with other participants, vehicles, traffic, animals or persons, the effects of the weather including high heat or extreme cold, and the condition of the roads or racing surfaces. Knowing these risks and in consideration of the acceptance of my entry in this race, on my behalf and on behalf of my child I hereby remise, release, indemnify, forever discharge and hold harmless Runner's Soul Race Association of Southern Alberta and any and all participating race sponsors and supporters and directors, officers, employees and agents of such parties from and against any and all existing and future claims, actions, costs, suits, demands and/or liability (including reasonable solicitor fees and legal costs) for loss, harm, damages, cost or expense, including without limitation costs, injuries, accidents, losses and damages related to personal injuries, death, damage to, loss or destruction of property, rights of publicity or privacy, defamation, or portrayal in a false light, or from any and all claims of third parties without limitation, which I, my participating child, my heirs, executors, administrators, personal representatives, successors or assigns, now have, or may hereafter have, arising out of the negligence of the Releasees, and/or the use broadcast, distribution, exhibition or exploitation of any recordings, photographs, videotapes of me or other record of this event and/or my participation in The Claus Cause or related events. The Releasees shall not be responsible for any of my actions while I am participating in the Claus Cause or in any related events, and I hereby assume all risk of injury, illness, disease or death or other damage which may arise in connection therewith. I further hereby grant full permission to the Runner's Soul Race Association of Southern Alberta and/or agents authorized by them, to use my name and/or likeness, and/or photographs, videotapes, motion pictures, recordings, or any other record of this event, of me, for an legitimate purpose related to The Claus Cause, without and compensation to me. I HEREBY ACKNOWLEDGE HAVING READ THIS RELEASE AND WAIVER AND BY SIGNING BELOW I UNDERSTAND AND ACCEPT ITS TERMS. I FURTHER ACKNOWLEDGE AND AGREE TO THE TERMS OF THIS RELEASE AND WAIVER ON BEHALF OF MY MINOR CHILD IF APPLICABLE.

Signature of Entrant: _____

Date: _____

Signature of Parent/Guardian: _____

(if entrant is under 18 years)

The Cause:

The Claus Cause is a 5 and 10 km run/walk held in support of the Lethbridge Food Bank. The entry fee is \$20 and a non-perishable food item. All proceeds will be donated to the Lethbridge Food Bank along with the non-perishable food items.



Course Information:

The run will start and finish at the Helen Schuler Coulee Centre. Both the 5 and 10 km events start at 9:00 AM with the 10 km runners doing two loops of the 5 km course. The route will be clearly marked and will see participants run by Fort Whoop Up and through Indian Battle Park. Terrain includes paved trails and roads.