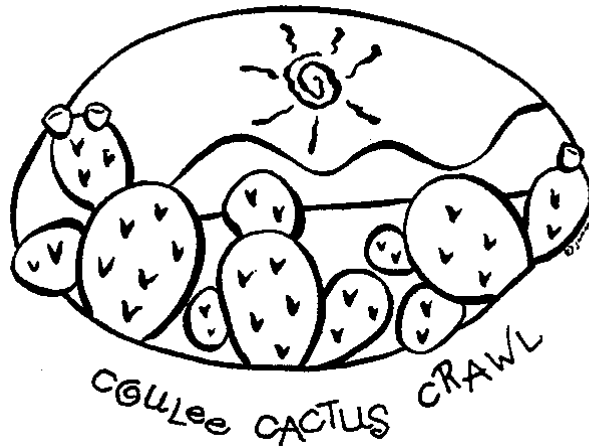


RUNNERS SOUL



SATURDAY, June 4th 2016, Lethbridge Alberta

Mass start beginning at 12:00 noon

Post Race Party, Awards, Draw Prizes!!!

1 - 5 Person Teams. Minimum age for solo runners is 16 years of age.

START/FINISH at Elks Compound. Further info will be available at package pickup or see www.runnersoul.com

The Course: 20 miles of narrow trails that wind up & up & up, down & down & down through Lethbridge's river valley.

Course is rated as "challenging and cross country". Individual leg lengths will vary.

Please note that the City of Lethbridge has the final say on whether the coulees are too wet for racing. In the event the route is too wet a "wet weather route" on shale and pavement will be used.

Entry Fee (per person): \$35 before and including May 28th. Late Entry Fee: \$40 (all payments will be cash or cheque only)

Entry Deadline: Entries must be received at Runner's Soul no later than Friday, May 28th in order to guarantee a FULL race package. Late entries are accepted up to Friday, June 3rd at Runner's Soul.

Package Pick Up: At Runner's Soul on Friday, June 3rd : 10 AM - 5:30 PM & Saturday, June 4th : 9:30 - 10:30 AM

Awards start at 4:15 PM.

Further information: Runner's Soul (403) 327-2241 or www.runnersoul.com

Mail or Hand Deliver Entry to: Runner's Soul, 2646 South Parkside Drive, Lethbridge, Alberta T1K 0C4

Team Entries must be submitted together

ENTRY: Coulee Cactus Crawl Entry Fee Enclosed: _____ Make Cheque Payable to: Runner's Soul

Team Name: _____ **Runner Name:** _____

Age (on Race day): _____ **Sex:** _____

Address: _____ **Postal Code:** _____ **Phone:** _____

Category: Male Team: _____ Female Team: _____ Mixed Team: _____ Solo male _____ Solo female _____

Average age for team: _____ **Age Categories (please circle):** Avg Age <40 years, Avg Age >40years

T-Shirt Size: S _____ M _____ L _____ XL _____ XXL _____

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 Coulee Cactus Crawl 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 Coulee Cactus Crawl or related events. The Releasees shall not be responsible for any of my actions while I am participating in the Coulee Cactus Crawl 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 Coulee Cactus Crawl, 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: _____ (Signature of parent/guardian if entrant under 18 years)

Date: _____ **ENTRY WILL NOT BE ACCEPTED UNLESS SIGNED**