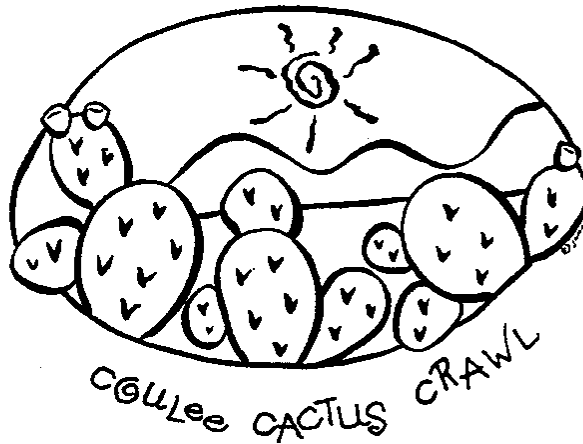


RUNNERS SOUL



SATURDAY June 6th, 2009, 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 Police Firing Range. 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 and 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 if the coulees are too wet for racing. In this event a "wet weather route" on shale and pavement is used.

Entry Fee: \$25

Entry Deadline: Entries must be received at Runner's Soul no later than Friday May 29th in order to guarantee a FULL race package. Late entries accepted up to Friday June 5th at Runner's Soul.

Number Pick Up: At Runner's Soul, Friday June 5th: 10 a.m. - 5:30 p.m. & Saturday June 6th: 9:30 a.m. - 10:30 a.m.

Awards start following course closure at 3:30 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: <16yrs, 16 - 25 yrs, 26 - 35 yrs, 36+ **Please circle**

T-Shirt Size: S ___ M ___ L ___ XL ___ XXL ___ (add \$2)

RELEASE & INDEMNITY: MUST BE SIGNED "AS IS" OR THE ENTRY FORM WILL NOT BE ACCEPTED In consideration of Runner's Soul, accepting this, my entry, I hereby, both for myself and my heirs release from liability and waive any and all claims for damages (whether for personal injury, death, illness, property damaged and/or property loss), including claims for negligence, which I may have as a result of my participation in this race, against the following: Runner's Soul, its executive and members; race organizers and members and volunteers assisting them; race sponsors, their employees and agents, the City of Lethbridge and its employees and agents; and other participants in this race. I acknowledge that running is a sport with risks (both known and unknown) inherent in it, and in signing this entry form it is my intention to accept the risks, and all consequences thereof, for myself alone. The terms of this Release are severable from one another, and the invalidity of any one or more clauses in this Release shall not affect the validity of the other clauses. I acknowledge that I have read this Release in its entirety, that I understand and agree to be bound by its terms, and that I am signing it voluntarily without duress or undue influence from anyone.

Signature: _____ (Signature of parent/guardian if entrant under 18 years)

Date: _____ ENTRY WILL NOT BE ACCEPTED UNLESS SIGNED