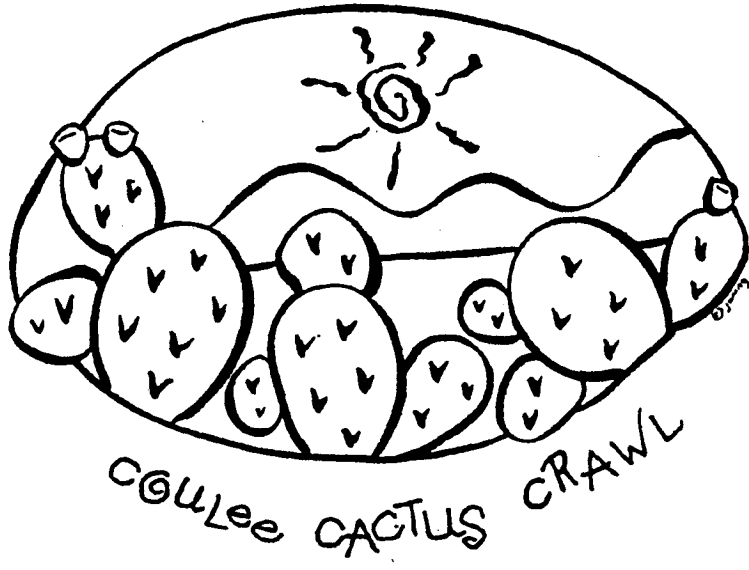


# RUNNERS SOUL



- ◇ SATURDAY MAY 29, 2004 Lethbridge Alberta
- ◇ Mass start beginning at 12:00 noon
- ◇ Post Race Party, Awards, Draw Prizes!!!
- ◇ 1 - 5 Person Teams
- ◇ Same great course as last year. START/FINISH at Police Firing Range. Further info will be available at package pickup or see website.
- ◇ 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.
- ◇ Entry Fee: \$23
- ◇ Entry Deadline: Entries must be received at Runner's Soul no later than Friday May 21, 2004 in order to guarantee a FULL race package. Late entries accepted up to Friday May 28, 2004 at Runner's Soul.
- ◇ Number Pick Up: At Runner's Soul, Friday May 28: 10 a.m. - 5:30 p.m. & Saturday May 29: 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](http://www.runnersoul.com)**

Mail or Hand Deliver Entry to: Runner's Soul, 2646 South Parkside Drive, Lethbridge, Alberta T1 K 0C4

**Team Entries must be submitted together**

**ENTRY FORM: Coulee Cactus Crawl      Entry Fee Enclosed: \_\_\_\_\_      Make Cheque Payable to: Runner's Soul**

Name: \_\_\_\_\_ Age (on race day): \_\_\_\_\_ Sex: Male \_\_\_ Female: \_\_\_

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+

Team Name: \_\_\_\_\_

Shirt Size: S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_

**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**