

RCMP /Lethbridge Police Service

4th Annual

HALF MARATHON & ^{NEW} 13.3K

Sunday, October 20, 2002 - 10 am



Jumpin Jim Hypnotist
382-7644



ENTRY FEE & REGISTRATION:

- \$25.00 includes T-Shirt
- \$15.00 WITHOUT T-Shirt

LIMIT 500 PARTICIPANTS

WHERE TO REGISTER:

In person or by mail to: **Runner's Soul**
2646 South Parkside Drive
Lethbridge, AB T1J 0A1

For information or inquires please call (403) 327-2241
Register online at www.runnersoul.com

ENTRY DEADLINE: October 11, 2002

LATE ENTRIES:

\$20.00 includes race number & post-race party, No T- SHIRT included. Late entries accepted until 6 p.m., Friday, Oct. 18th.

RACE PACKAGE PICK-UP:

- Oct. 19, 2002 between 10 am & 5 pm at Runner's Soul
2646 South Parkside Drive, Lethbridge, Alberta
- Oct. 20, 2002 Race start line
Lethbridge Police Range, Oldman River Valley

RACE START:

Sunday, October 20, 2002 at 10 am Sharp
Location: Lethbridge City Police Range
located at the south end of the Fort Whoop-Up
in the Oldman River Valley.

COURSE CLOSURE: 1:00 p.m.

HOST HOTELS:

Ramada Hotel & Suites
Lethbridge Lodge Hotel
Holiday Inn Express

RACE ROUTE: (see map)

The half marathon is the same great route as last year. It is 13.1 miles (21.1 km) with the start & finish lines located at the Lethbridge City Police Range and dog training facility in the Oldman River Valley. The route winds through the river valley past historic Fort Whoop-Up, under the highest, longest train trestle in the world, past the Helen Schuler Coulee Nature Centre, over the Hwy #3 bridge, up a long hill on Bridge Drive (train for hills), south on University Drive to a turn around point near Paradise Canyon, back on the same route to the University of Lethbridge, through the University grounds, down a steep hill, back into the river valley and then to the finish line.

For those doing the 13.3 k the route is the same as the half marathon except you will head northeast on Valley Drive at the University and head back to the finish.

NOTE: Walk breaks are okay but no walking the entire course. Course closure at 1:00 p.m.

PARKING:

There is limited parking at various locations in the valley, however, as there is now only one entrance into the valley and the race route uses that particular intersection, traffic will not be allowed in after 9:45 a.m. Once the last of the participants have passed through the intersection, the traffic will again be allowed in. There will be parking in the back parking lot of the Lethbridge Lodge on Scenic Drive. A shuttle service will be available for persons utilizing that parking lot. Shuttle service will start at 9:00 a.m. and stop at 9:45 a.m. At the conclusion of the event, the service will run again from 11:00 a.m. until 2:00 p.m.

NO WALKERS

PRESENTATION CEREMONY:

Will immediately follow the race. There will be draw prizes throughout the ceremonies. All runners will be eligible for draw prizes and must be in attendance to win. Canine demonstration to follow race.

PROCEEDS WILL BE DONATED TO LOCAL CHARITIES INVOLVING YOUTH AND SPORTING ACTIVITIES.

ENTRY FORM

In consideration of your acceptance of this race entry, I, for myself, my heirs, executor, administrators and assigns, forever waive release and discharge any and all rights, demands, claims for damages and causes of suite or action known, that I may have against the sponsors, volunteers, organizations associated to and organizers of the RCMP/Lethbridge Police Service Half Marathon for any and all injuries in any manner arising or resulting from my participating in said 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.

NAME: _____

ADDRESS: _____

CITY: _____ PROV. _____ POSTAL CODE _____

TELEPHONE: Residence: _____ Business: _____

SIGNATURE: _____ DATE: _____

PARENT/GUARDIAN SIGNATURE (if under 18): _____

T-SHIRT SIZE: (Please Circle One) S M L XL

Police/Emergency Personnel: Please check age category AND Police/Emergency Personnel

Categories

1/2 Marathon

13.3 K

(Check One Only)

Men 19 & under

Men 20 - 29

Men 30 - 39

Men 40 - 49

Men 50 - 59

Men 60 +

Female 19 & under

Female 20 - 29

Female 30 - 39

Female 40 - 49

Female 50 - 59

Female 60+

Police/Emergency Personnel

ROUTE MAP

