

# Entry Form and Waiver

10km run     5km run/walk     1km walk

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

Male     Female

Address: \_\_\_\_\_  
\_\_\_\_\_

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Res. Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Payment: \$  Cash/Cheque     Visa/MC/AMEX

Card #: \_\_\_\_\_

Expiry: \_\_\_\_\_

Signature: \_\_\_\_\_

Wheelchair Entry  
 10 and under(5k)     11-14     15-19     20-29  
 30-39     40-49     50-59     60-69     70+

In consideration of The Arthritis Society accepting this, my entry, I hereby, both for myself and my heirs, waive any and all claims, for damages (whether for personal injury, death, illness or for negligence), which I may have as a result of my participation in, or attendance at, this race, and release from liability for such claims the following: The Arthritis Society, the Race Director, his committee, officials and volunteers working the race, Race Sponsors and their employees and agents, the local municipality and its employees and agents, and other participants in the race.

Date: \_\_\_\_\_

Signature: \_\_\_\_\_

Signature of  
Parent or Guardian

(if under 18 years of age)

Where did you pick up this form? \_\_\_\_\_

Individual Entry     Team Entry

Team name: \_\_\_\_\_

All team entries must be submitted together. Up to 4 members per team.  
Fax this form to: (403) 328-1424  
or mail to: The Arthritis Society,  
4B 740 4th Avenue South, Lethbridge, AB T1J 0N9.

# Race Information



## Race Date

Saturday, November 15, 2003

Costume Judging: 1:30 p.m.

Race Starts: 2:00 p.m. Sharp!

Award Ceremonies and Prizes: to follow race

Check in at the judges table prior to race time for costume judging and to qualify for great prizes

## Venue

Under the Grandstand, next to Bully's Sports and Entertainment Centre. Free parking/disabled parking available.

## Register Today:

General: \$ 25.00 (\$30.00 after October 31)

Youth (14 and under): \$15.00

Enter Early! You receive a long sleeved T-shirt, jingle bell and a race kit (while quantities last). Competitive Runners must register before 5:00 pm Friday, November 14 to receive your race number.

**This is a fundraising event. All participants are expected to raise pledges.**

## To Enter

MAIL or FAX your entry form by October 31st to :    The Arthritis Society  
Suite 4B, 740 4th Avenue South  
Lethbridge Alberta T1J 0N9  
Fax: (403) 328 - 1424

**Drop off entry forms at:**    Runners Soul  
2646 South Parkside Drive  
Lethbridge, AB

**Make cheques payable to The Arthritis Society.**

## Race Kit Pickup

**Thursday**, November 13, 10:30 a.m. to 9:00 p.m.

**Friday**, November 14, 10:30 a.m. to 5:00 p.m.

Runners Soul 2646 South Parkside Drive, Lethbridge, Alberta. Make cheques payable to The Arthritis Society.

## Costumes

Show your holiday spirit! Dress in festive costume. Best individual costume award: A flight lesson.

## Team Challenge

Challenge your colleagues to form their own team and compete in the Team Challenge.

## Course Info

Course marshals must be obeyed at all times. Detailed map posted at the event. Official times will be recorded.

## Prizes and Awards Presentations

Provincial Grand Prize: Submit \$1500 minimum in pledges by the day of the race to qualify for a trip for two to San Diego in June 2004.

The Arthritis Society, Alberta and Northwest Territories Division, is committed to improving the quality of life for people affected by arthritis and to support proactive efforts directed towards prevention, diagnosis, treatment and a cure for arthritis.