

## Waterton-Glacier Relay Race Package Pickup

Thurs., Sept. 11 – 8:00 - 10:00 p.m. @ 728 15th Street South, Lethbridge  
Fri., Sept. 12 – 3:00 - 5:00 p.m. @ Runners Soul, 2646 Parkside Dr. S.

Entries can be mailed or delivered to:

100 Heritage Pt.  
Lethbridge, AB  
T1K 7K9  
(403) 328-8600 (Fax)

or for further information contact Ray Dorosz @ (403) 329-6101

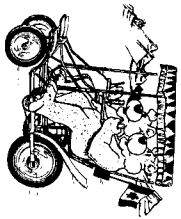
It is the responsibility of all teams to know and follow all rules.

Captains meeting to be held Saturday, Sept. 13, 2003 at 8:00 a.m. at  
The Maskinonge (optional).

One 24 hr Waterton Park Pass will be included in each race package/team.

Grand Prize: Deluxe weekend for 2 at Ramada Hotel & Suites.

Please Note – **DRIVE CAREFULLY DO NOT SPEED.** The Chief Mountain  
highway will be patrolled. Allow yourself 3/4 hour from the Maskinonge Picnic  
Site to the Border (1 hour from the townsite). Due to congestion at the Border  
please carpool as much as possible.



**PAT'S**



**RUNNERS & SOUL**  
*Preparing You For The Runners Race*

# Waterton-Glacier Relay



**Saturday**

**September 13, 2003**

*In Memory of*

**Gerry & Brian Stewart**

Team entry form: Waterton-Glacier Relay (**LIMITED NUMBER OF ENTRIES**)

## WATERTON-GLACIER RELAY

Entry Fee Enclosed \_\_\_\_\_ (make cheque payable to Waterton-Glacier Relay)

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

Category **Male** \_\_\_\_\_ **Female** \_\_\_\_\_ **Mixed** \_\_\_\_\_

Age **Under 80** \_\_\_\_\_ **80-180** \_\_\_\_\_ **Over 180** \_\_\_\_\_

### RELEASE AND INDEMNITY MUST BE SIGNED "AS IS" OR THE ENTRY WILL NOT BE ACCEPTED.

In consideration of Waterton Glacier Relay accepting this, my entry, I hereby, both myself and my heirs release from liability and waive any claims (whether for personal injury, death, illness, property damage and/or property loss) including claims for negligence for which I may have as a result of my participation in this race, against the following: Waterton Glacier Relay; its executive and members and volunteers assisting them, race sponsors, their employees and agents; the Glacier National Park, Waterton National Park and their respective 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 the release are severable from one another and the invalidity any one or more 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 undo influence from anyone.

Captain \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_ A.A. # \_\_\_\_\_

Signature \_\_\_\_\_ (parent or guardian if under 18)

Address \_\_\_\_\_

T-Shirt Size: **S** **M** **L** **XL** Phone \_\_\_\_\_ Postal Code \_\_\_\_\_

Name \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_ A.A. # \_\_\_\_\_

Signature \_\_\_\_\_ (parent or guardian if under 18)

Address \_\_\_\_\_

T-Shirt Size: **S** **M** **L** **XL** Phone \_\_\_\_\_ Postal Code \_\_\_\_\_

Name \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_ A.A. # \_\_\_\_\_

Signature \_\_\_\_\_ (parent or guardian if under 18)

Address \_\_\_\_\_

T-Shirt Size: **S** **M** **L** **XL** Phone \_\_\_\_\_ Postal Code \_\_\_\_\_

Name \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_ A.A. # \_\_\_\_\_

Signature \_\_\_\_\_ (parent or guardian if under 18)

Address \_\_\_\_\_

T-Shirt Size: **S** **M** **L** **XL** Phone \_\_\_\_\_ Postal Code \_\_\_\_\_

Name \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_ A.A. # \_\_\_\_\_

Signature \_\_\_\_\_ (parent or guardian if under 18)

Address \_\_\_\_\_

T-Shirt Size: **S** **M** **L** **XL** Phone \_\_\_\_\_ Postal Code \_\_\_\_\_

Mass start beginning Saturday, September 13, 2003 at 10:00 a.m. at the Chief Mountain Customs.

Finish line and post race activities at the Maskinonge Picnic site outside the Waterton Park entrance.

All registered runners receive T-shirts plus post race refreshments and qualify for post race prizes. **You must be present to win draw prizes!** Lunch tickets for friends and family members will be available at the post race party for \$4.00/person. Post Race Meal features "Alberta Beef" on a bun.

**Team Categories:** Male, Female, Mixed. (mixed must have minimum of 2 female runners). Teams must consist of a minimum of four runners and a maximum of five.

**Age Categories:** Combined total ages as of race day **under 80 years, 80-180 years, over 180 years.**

Awards will be given to the top three **TEAMS** in each category.

Please provide your own water source as water is only available at the finish line.

Please notify organizers of any changes in team members before race day or risk disqualification.

The course consists of 5 legs:

1. (2nd easiest) 4.0 km downhill from Chief Mountain Customs to Belly River Campground road turnoff.
2. (easiest) 2.3 km downhill from Belly River Campground to NighSinger Art Gallery lot.
3. (hardest) 4.7 km uphill from the NighSinger Art Gallery to pulloff at the top of the hill.
4. (2nd hardest) 4.5 km and down from the pulloff to Waterton townsite lookout.
5. (mid. difficulty) 7.5 km steep downhill from the Waterton townsite lookout to the Maskinonge.

**Entry fee:** \$100.00 per team (you may deduct \$2.00 for EACH runner registered with Athletics Alberta)

**Entry Deadline:** September 8, 2003.

**LETHBRIDGE TRACK**



Sanctioned by  
**Athletics Alberta**