

Entry Form:

• One person per entry form • Photocopies are acceptable

Last Name _____

First Name _____

Address _____

City _____

Province/State _____ Postal Code/Zip Code _____

Email Address: _____

Phone (Day): _____ Phone (Eve): _____

Age on Event Day _____ Shirt Size: S M L XL

Cheque or Cash: \$30.00 with shirt / \$20.00 no shirt

Late Fee: May 30 - June 7 \$25.00 no shirt

Entry Fee Enclosed \$ _____

Visa or Mastercard must enter online at:

www.runnersoul.com/ladiesfest

Online entries will be charged a \$2.00 administration fee.

Age Category:

19 & Under 30-34 45-49 60-64

20-24 35-39 50-54 65-69

25-29 40-44 55-59 70+

Mother/Daughter(s) Last Names _____ / _____ / _____

Sisters Last Names _____ / _____ / _____

Note: Applications for Mother/Daughter(s) and Sisters must be submitted together. Race times will be averaged for Mother and Daughter(s) and Sisters to determine overall placings. Those participants in the Mother/Daughter(s) and Sisters categories will also be eligible for age group awards.

Release and Waiver

RELEASE OF LIABILITY, WAIVER OF CLAIMS AND ASSUMPTION OF RISKS. BY ACCEPTING A RACE NUMBER YOU WILL WAIVE CERTAIN LEGAL RIGHTS, INCLUDING THE RIGHT TO SUE. PLEASE READ CAREFULLY.

I have read the conditions of entry for The Ladiesfest 8K and I understand and agree to be bound by them. I know that participating as a runner, jogger, walker, or participant with a stroller in a road race, is a potentially hazardous activity and that I should not participate unless I am medically able and properly trained. I also understand that although traffic control will be provided, there may be traffic on the course. I assume on my behalf and behalf of my child all risks of jogging, running, walking or traveling with a stroller, including in traffic. I also assume any and all other risks associated with participating in the race, including but not limited to falls, injury, contact with other participants, vehicles, traffic, animals or persons, the effects of the weather including high heat or extreme cold, and the condition of the roads or racing surfaces. Knowing these risks and in consideration of the acceptance of my entry in this race, on my behalf and on behalf of my child I hereby remise, release, indemnify, forever discharge and hold harmless Runner's Soul Race Association of Southern Alberta and any and all participating race sponsors and supporters and directors, officers, employees and agents of such parties from and against any and all existing and future claims, actions, costs, suits, demands and/or liability (including reasonable solicitor fees and legal costs) for loss, harm, damages, cost or expense, including without limitation costs, injuries, accidents, losses and damages related to personal injuries, death, damage to, loss or destruction of property, rights of publicity or privacy, defamation, or portrayal in a false light, or from any and all claims of third parties without limitation, which I, my participating child, my heirs, executors, administrators, personal representatives, successors or assigns, now have, or may hereafter have, arising out of the negligence of the Releasees, and/or the use broadcast, distribution, exhibition or exploitation of any recordings, photographs, videotapes of me or other record of this event and/or my participation in The Ladiesfest 8K or related events. The Releasees shall not be responsible for any of my actions while I am participating in the Ladiesfest 8K or in any related events, and I hereby assume all risk of injury, illness, disease or death or other damage which may arise in connection therewith. I further hereby grant full permission to the Runner's Soul Race Association of Southern Alberta and/or agents authorized by them, to use my name and/or likeness, and/or photographs, videotapes, motion pictures, recordings, or any other record of this event, of me, for an legitimate purpose related to The Ladiesfest 8K, without and compensation to me. I HEREBY ACKNOWLEDGE HAVING READ THIS RELEASE AND WAIVER AND BY SIGNING BELOW I UNDERSTAND AND ACCEPT ITS TERMS. I FURTHER ACKNOWLEDGE AND AGREE TO THE TERMS OF THIS RELEASE AND WAIVER ON BEHALF OF MY MINOR CHILD IF APPLICABLE.

Dated at the City of _____, this _____ day of _____, 20____.

Witness Signature _____

Participant Signature _____

Participant Name _____

LETHBRIDGE LODGE

HOTEL AND CONFERENCE CENTRE

1-800-661-1232

www.lethbridgelodge.com

ask for our Ladiesfest Rate

\$109

only

Hotel features are:

- 190 elegant guest rooms
- Fitness Centre
- Indoor pool & hot tub
- Three fabulous outlets:

*Botanica Restaurant,
Cotton Blossom Lounge, and
Esmeralda's Night Club*



Visit the Cotton Blossom Lounge with this coupon and receive **25% off your bill** excluding alcohol.

Offer valid to July 31, 2015.

Code to H952



RADIOLOGY ASSOCIATES



Dr. John S. Hasell
M.D., F.R.C.S.(C), F.A.C.S.
Plastic Surgery

DR. CAROL WILLIAMS
Chair & Associate
Professor of Women &
Gender Studies
University of Lethbridge



LETHBRIDGE LODGE

HOTEL AND CONFERENCE CENTRE

If you're female, you are invited to something special



June 7, 2014

Runners Soul presents the 14th Annual

Ladiesfest 8K

limited to the first 750 entries

The Event:

The Ladiesfest 8k run/walk is an event designed to promote women's health, fitness and well-being in the community. The run allows women to challenge themselves by walking, jogging or running the 8 km course. After the run, participants will be treated to orange juice, chocolates from Bernard Callebaut and fresh flowers from Marquis Flowers. A brunch will follow in the Ballrooms where sponsors will have exhibits displaying their products and providing information. Awards will follow the brunch.

The Cause:

All proceeds from the Ladiesfest 8k run/walk will be donated to Alberta Health Services, Breast and Cervical Health Program. The program is dedicated to educating women about breast health and providing women with the resources for the diagnosis and treatment of breast health problems including breast cancer.

Course Information:

The run/walk will start and finish adjacent to the Lethbridge Lodge. Participants will follow the clearly marked route down to the river bottom where they will enjoy the scenery (and some surprises along the way) before beginning their ascent to the finish line. Course closes at 9:45 a.m.

How to Register:

by mail

Send completed entry form and a cheque made payable to:

Runners Soul
2646 South Parkside Drive.
Lethbridge, Alberta T1K 0C4

Call (403) 327-2241 for information!

Sorry - - - No cancellations or refunds.

in person

Return completed entry forms to Runners Soul.
Payment by cash and cheque only. Check website to confirm entry: www.runnersoul.com/ladiesfest

online

Enter online with Visa or Mastercard at www.runnersoul.com/ladiesfest

Entry Fees:

\$30 Includes a race shirt and post race refreshments.

\$20 No shirt...but everything else

Entry Deadline:

Must be received by May 29
Late Entries are \$25 and no shirt will be given. Late entry from May 30 until June 7 (if space still available).

Race Package Pick-Up:

June 6 from 10:00 a.m. to 8:00 p.m. at Runners Soul, 2646 South Parkside Drive

June 7 from 7:00 a.m. to 7:45 a.m. at the Race start area.

Race packages not picked up will be available for 1 week following the race.

Awards:

Awards will be given to the top three finisher's in each age category. Awards will be unique pottery created by Bea Joevenazzo, a local artist. Bea's art work can be viewed at the Bowman Arts Centre.

Working in partnership with women of southern Alberta

Screening Mammogram Recommendations

Age 40 - 49
Mammogram may be done yearly with physician referral

Age 50 - 69
Mammogram recommended every 1-2 years (physician or self referral)

Age 70 and older
May be done with physician referral

breast & cervical health program



Breast and Cervical Health Program
Lethbridge Regional Hospital
960 - 19 Street South
Lethbridge, Alberta,
T1J 1W5

For more information
Phone: (403) 388-6324 • Fax: (403) 388-6647



MARQUIS FLOWER SHOP
A Division of 313079 Alberta Ltd.

CHOCOLATERIE

Bernard Callebaut