

What do you get??

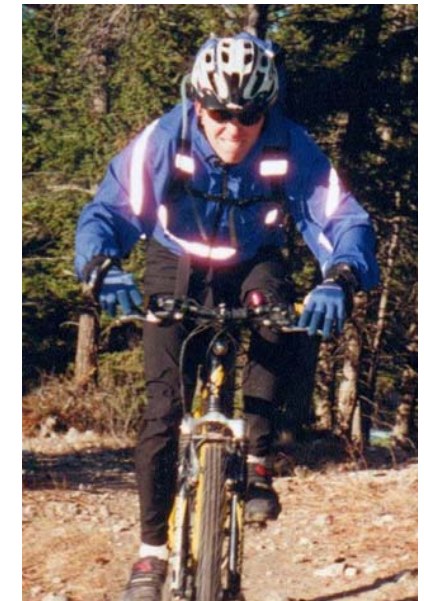
- Draw prizes
- Post event dinner
- Inner Limits shirt
- Awards for the top 3 teams
- Orienteering club membership
- Exposure to Calgary's varied outdoor experiences
- Most importantly the Ultimate Urban Challenge!!



Hosted by:
Orienteering Alberta
&
Foothills Wanderers
Orienteering Club

Orienteering Alberta:
2nd flr, 818 16th Avenue NW
Calgary, AB T2M 0K1
Phone #: (403) 297-2724
Email: orienteering@shaw.ca

Race Co-directors:
Joe Olson & Geoff Langford
Phone: Geoff Langford (403) 283-7665
Joe Olson (403) 288-3982
Email: innerlimits@canada.com
<http://www.innerlimits.ca>



June 1, 2002
Calgary, AB

www.orienteeingalberta.ca

Inner Limits Registration Form

What is it???



If you're the type of person who likes to challenge yourself then test your limits in the ultimate urban adventure -

Inner Limits

Inner Limits is the adventure challenge that offers a wide variety of different disciplines that take you all over the city in a race against time and your competitors. The activities will include orienteering, paddling, biking throughout the city, urban navigation, plus unique urban surprises.

The course will take your co-ed team of three on a wild race throughout the city of Calgary. The 12 hour, 90 km race will challenge you mentally and physically. Are you up for the challenge?????

Inner Limits created this amazing event for the people who have a love for adventure and testing their limits. **This race offers an adventure challenge in a different kind of atmosphere, the city.**

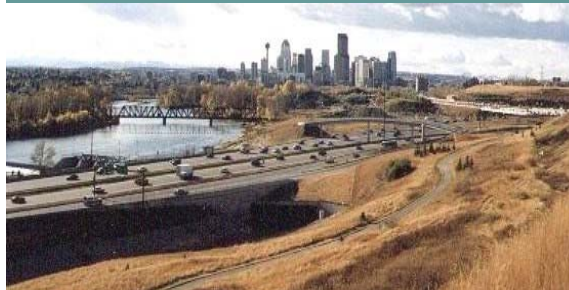
Race Details:

- Teams: Co-ed teams of 3 (minimum of 1 male or 1 female per team)
- Teams will have 12 hours to complete the race
- You will take part in many different challenges such as: trekking, paddling, biking, orienteering, urban navigation, elevation gain and loss, alternative transportation, and team relays
- Each team will be provided with a mandatory equipment list
- Teams must stay together throughout the race
- All team members will be required to read and sign a waiver prior to the event
- A full race package and equipment list will be provided to all registered teams

Want to learn about Orienteering?

There will be a 2 day introduction to orienteering course in Calgary on April 12, 13. The camp will only cost you \$35 per individual. Bring your friends and family out and introduce them to the exciting sport of orienteering.

Visit www.orienteeringalberta.ca/aoschedule.html



Sign up for:	Price
<input type="checkbox"/> 3-person team (before May 1st)	\$ 295.00
<input type="checkbox"/> 3-person team (after May 1st)	\$ 375.00
Total: _____	

Team Name: _____

Team Captain Name: _____

Address: _____

Phone #: _____ Email: _____

Shirt Size: _____

Team Member #1: _____

Address: _____

Phone #: _____ Email: _____

Shirt size: _____

Team Member #2: _____

Address _____

Phone #: _____ Email: _____

Shirt Size: _____

Registration:

By mail: Forward cheques and form to the address below.

In person: Drop off cheques and form to any Calgary Running Room location (payable to Orienteering Alberta)

Visa / Mastercard: Register on-line at www.runningroom.com

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