



Rudi Tshritter, #357  
& Vance Milligan, #327, 1975  
(Galt Museum and Archives)

#### Entry Information:

- \$32 entry fee for both the Ten Mile and Four Mile Races, includes t-shirt (sizes not guaranteed), by April 10<sup>th</sup>.
- \$22 late entry fee for both races, or no t-shirt entry by April 13<sup>th</sup>.
- **Sorry no refunds!**
- Cheques payable to Runner's Soul.

#### Post Race Information:

- An awards ceremony will be held in the Val Matteotti gymnasium at Lethbridge College immediately following the race.
- Prizes are awarded to the top three runners in each category.
- Draw prizes: **(must be in attendance to win)**.

#### Prize Information: Flaman Fitness overall cash prizes (Ten Mile and Four Mile):

- **Winner:** \$250 Cash
- **2nd Place:** \$150 Gift Certificate
- **3rd Place:** \$75 Gift Certificate
- **Current Kodiak athletes are not eligible for prizes.**
- Proceeds from the 10 Mile Road Race go to support the Lethbridge College Kodiaks Cross Country Team.

#### Accommodations:

Book rooms at the Sandman Hotel:  
421 Mayor Magrath Drive South, Lethbridge  
Ph: 403-328-1111 or 1-800-266-4660  
- Please ask for ACAC College rates (\$87.83 tax included)  
Reference #163461

#### For more information contact:

Runner's Soul  
2646 South Parkside Drive South  
Lethbridge, Alberta T1K 0C4  
Ph: 403-327-2241  
<http://www.runnersoul.com/10-4>



# 39<sup>th</sup> Annual Ten Mile Road Race!

## Be on the Starting Line

### Saturday • April 14, 2012

### Lethbridge, Alberta



**Staggered Starts:**

**10 Mile at 10 a.m. • 4 Mile at 10:20 a.m.**

Sponsored By:

  
**Lethbridge  
College**

**RUNNERS SOUL**  
*Preparing You For The Human Race*

**FLAMAN**  


**fit** PHYSIOTHERAPY

# Lethbridge Ten Mile Road Race Entry Form

Name in full: \_\_\_\_\_  Male  Female

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

City: \_\_\_\_\_ Province: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Phone: \_\_\_\_\_

Date of Birth (d/m/y): \_\_\_\_\_ Age (as of April 14, 2012): \_\_\_\_\_

T-shirt Size:  S  M  L  XL Fee Paid: \$ \_\_\_\_\_

Race Category:  10 Mile  4 Mile

School Participation Challenge:  Yes  No School Name: \_\_\_\_\_

High School Team Challenge:  Yes  No School Name: \_\_\_\_\_

## Age Categories (please check)

### 4 Mile:

- 10 and under  30 - 39 years  
 11 - 15 years  40 - 49 years  
 16 - 19 years  50 - 59 years  
 20 - 29 years  60 and over

### 10 Mile:

- 19 and under  50 - 59 years  
 20 - 29 years  60 and over  
 30 - 39 years  
 40 - 49 years

Register online: <http://www.runnersoul.com/10-4>

\*Visa/Mastercard payments for online entries only

Mail or drop off entries: Runner's Soul  
2646 South Parkside Drive South  
Lethbridge, Alberta T1K 0C4

Fax: 403-327-2486

## Waiver, Release and Indemnification Form.

In consideration of your acceptance of this race entry, I, for myself, my heirs, executors, administrators, and assigns, forever waive release and discharge any and all rights, demands, claims for damages and causes of suit or action known, that I may have against the Lethbridge Ten Mile Road Race committee, Lethbridge College, Flaman Fitness, Runner's Soul Race Association, and all participating race sponsors and supporters and directors, officers, and employees and agents of such 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.

Parent/Guardian Signature: \_\_\_\_\_

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



## School Participation Challenge

Help your school win the Participation Challenge by entering and completing the 4 mile event. The school with the greatest number of participants completing the event wins!

## High School Team Challenge

This is a new event that will see High Schools compete against one another for the team title. Teams can have as many participants as they would like with the top 5 times from each team counting towards the team title. The fastest average time for the 4 mile distance wins the challenge.

Both the 10 mile and 4 mile events start and finish at the Lethbridge College. Race Map is available through the events page at:

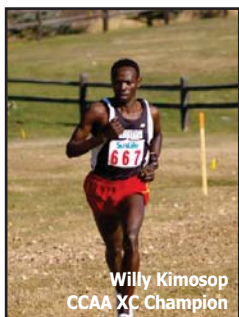
<http://www.runnersoul.com/10-4>

## Race Information:

- Pick up race numbers in person at Runner's Soul on Friday, April 13 between 10 a.m. - 5:30 p.m.
- Race morning pick up will be available for out of town participants starting at 8 a.m.
- Race Numbers must be visible to race officials throughout the race.

## Special Thanks to our Additional Sponsors:

- Campus Recreation
- Country 95.5 FM/B-93
- Dr. Clayton Strong
- Murray Chev Olds
- Onion Bar & Grill
- Sandman Hotel
- Saucony
- Shaw Cable
- Sobey's Uplands
- Water Pure & Simple
- Bully's Entertainment



Lethbridge College Kodiaks - 2011-12 Cross Country Team

