

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 until May 29 *with shirt*
\$20.00 until May 29 *no shirt*

Late Fee: May 30 - June 11 \$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.

Individual Age Category

(Do not check an age group box if you are a Mother/ Daughter(s) or Sisters team)

19 & Under 35-39 55-59

20-24 40-44 60-64

25-29 45-49 65-69

30-34 50-54 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.

Waiver

I agree to comply with the rules, regulations and event instructions of the Ladiesfest 8k run. In consideration of accepting this entry, I for myself and anyone entitled to act on my behalf, waive and release any and all claims for injury or damages I have against Runners Soul Inc., City of Lethbridge, race volunteers, sponsors, their agents and representatives, caused by negligence of any of them rising out of my participating in this event, including the pre and post race activities. I attest that I am physically fit and have trained for completion of this event. I consent to receive any medical treatment which may be advised in the event of illness or injuries suffered by me during the event. I hereby authorize the release of any photographs taken of me while attending the event.

Signature of Entrant _____

Date: _____

Signature of Parent/Guardian: _____

(if entrant is under 18 years)

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 **botanica***

with this coupon and receive a **complimentary appetizer or dessert** when you purchase any two entrees.

Offer valid to July 31, 2010.

Reserve your Ladiesfest 2010 room before May 21, 2010 and your name will be entered in our Early Bird Draw. The lucky winner will enjoy our Executive Hot Tub Suite on the night of Friday, June 11, 2010.



LETHBRIDGE LODGE

HOTEL AND CONFERENCE CENTRE



RADIOLOGY ASSOCIATES



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

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



June 12, 2010



Runners Soul presents the 10th 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:

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. A donation of \$2.00 from each entry will go towards the Breast Health Program.

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 11 (if space still available).

Race Package Pick-Up:

June 11 from 10:00 a.m. to 8:00 p.m. at Runners Soul 2646 South Parkside Drive

June 12 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 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

RACE DAY IS JUNE 12 AT 8:00 A.M.

Breast Health Program

Working in partnership with women of southern Alberta, we believe:

- that women needing breast assessment require prompt, accurate diagnosis and treatment of breast health problems.
- that women are empowered in decision making by receiving education and emotional support as they work through this process.
- that using the expertise of a multidisciplinary team will provide comprehensive care for women and their families.
- that it is important to involve your family doctor throughout this process.



**MARQUIS
FLOWER SHOP**

A Division of 313079 Alberta Ltd.

CHOCOLATERIE

Bernard Callebaut