

## 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 10 \$25.00 *no shirt*

Entry Fee Enclosed \$ \_\_\_\_\_

Visa or Mastercard must enter online at:

[www.runnersoul.com/ladiesfest](http://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. Those participants in the Mother/Daughter(s) and Sisters categories will not be eligible for age group awards.

### 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](http://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*

**cotton blossom lounge**

Visit the Cotton Blossom Lounge with this coupon and receive a complimentary appetizer when you purchase any two entrees.

Offer valid to July 31, 2011. Code to H952

Reserve your Ladiesfest 2011 room before May 21, 2011 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 10, 2011.

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SUN CITY

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Plastic Surgery

LETHBRIDGE LODGE  
HOTEL AND CONFERENCE CENTRE

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



June 11, 2011



Runners Soul presents the 11th 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](http://www.runnersoul.com/ladiesfest)

*online*

Enter online with Visa or Mastercard at [www.runnersoul.com/ladiesfest](http://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 10 from 10:00 a.m. to 8:00 p.m. at Runners Soul 2646 South Parkside Drive

June 11 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

## RACE DAY IS JUNE 11 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*



**Alberta Health  
Services**  
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