

Sponsors

Lisa M. Shimozawa



Brenda Masse



Race Package Pick-up: **Tuesday, May 29 (10 am - 5:30 pm)**
Wednesday, May 30 (10 am - 4:00 pm)
at Runner's Soul, 2646 South Parkside Dr. (403) 327-2241



Little Souls kids & family 5k marathon fun run

Wednesday, May 30, 2012

Kids Marathon - 6:30 p.m.

Family 5K Fun Run - 6:50 p.m.

The Crossings High School Complex
West Lethbridge

*** Really Cool Prizes ***

**Draws at the end
of the race!**

**KIDS
MARATHON**
Limited
to 500 Kids

**FAMILY 5K
FUN RUN**
Limited to
300 runners

Entry Deadline May 23, 2012
(with shirt)

Entry Form

Kids Marathon



Last Name: _____

First Name: _____

Kids Marathon (No Age Groups)

Family 5K: Age Group (please circle one):

12 & Under 13-15 16-19 20-29 30-39 40-49 50-59 60+

Address: _____

City: _____ PC/Zip _____

Prov/State: _____ Country: _____

Phone: (day) _____ (eve) _____

Email Address: _____

Sex: M/F _____ Age on race day: _____

Any current medical problems: _____

Race day contact: Name _____

Race day contact: Phone _____

For Kids Marathon participants:

What school do you attend? _____

What grade are you in? _____

Shirt size (circle): S M L XL

(Kids Marathon shirts will be child sizes; 5K shirts will be adult sizes)

Entry fees: ___\$25 By May 23/12 with a shirt • By May 24-29/12 without a shirt

SORRY...NO REFUNDS even for the best reasons.

METHOD OF PAYMENT: ___ Cash ___ Cheque (Payable to Runner's Soul)

Total Payment Enclosed: _____

ENTER ONLINE with Visa or Mastercard at: www.runnersoul.com/littlesouls
(There will be a \$2.00 processing fee for online entries)

What a cool way for kids to stay in shape! Kids don't have to run the whole marathon in just one day! Those that sign up will run a total of 40.2 Km in the weeks leading up to the race.

Runners will celebrate their final 2 Km as part of the race!

If your school does not provide a log sheet or suggested training program please pick one up at Runner's Soul or online at our website.

The kids race will start and finish at the new High School Complex at The Crossing in West Lethbridge. There's plenty of parking for parents, grandparents, and other supporters.

Hurry and sign up before May 23, 2012

The kids run is limited to kids up to age 12 on race day.

- Staggered age group start times will begin at 6:30 p.m.
- Participants must be registered at Runner's Soul (2646 South Parkside Dr.) no later than May 23, 2012 to receive a shirt.
- Entry fee for the Kids marathon is \$25.
- Runners will receive an awesome marathon medal, cotton child-sized T-shirt, and a post-race snack.
- **Bring your completed log sheet or verification of mileage to the store when you pick up your race package to be eligible for the really cool main prize at the end of the race.**

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 Little Souls 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 Little Souls or related events. The Releasees shall not be responsible for any of my actions while I am participating in The Little Souls 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 a legitimate purpose related to The Little Souls, without any 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____.

Signature of Parent/Guardian _____

Participant Signature _____

Participant Name _____

Family 5K Fun Run



The Family 5k is about getting the whole family involved in the Kids Marathon. This is a chip timed event for all participants. The route will start and finish at the same location as the Kids Marathon with an out and back portion along Whoop Up Drive. Come on out and enjoy the fun!

- Start time: 6:50 PM
- Runners will receive a cotton T-shirt and post-race snacks.
- Entry limit for the Family 5K is 300 participants

All proceeds from this event go to Kids Sport!

