

CAN YOU TAKE A FEW MINUTES TO COMPLETE THE FOLLOWING?

Age _____

How many previous Triathlons have you done? _____ How many Runners Soul Triathlons? _____

Occupation/School attending _____

Are you planning to compete in any other Triathlons or endurance events this year? _____

If so what _____

Other past accomplishments _____

Challenges you've overcome to train and compete _____

Future athletic goals _____

What is your goal in this triathlon? _____

AGREEMENT AND ACKNOWLEDGEMENT OF RISK

I hereby agree to comply with all the rules and regulations and event instructions of the Runners Soul Triathlon and its directors.

I hereby consent to receive medical treatment deemed advisable in the event of injury, accident and illness during the Runners Soul Triathlon event.

I hereby agree that my entry fee will be non-refundable.

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 or unknown, that I may have against Runner's Soul and any and all participating race sponsors and supporters and directors, officers, employees and agents of such parties, for any and all injuries in any manner arising or resulting from my participating in said 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.

Printed or typed signature

Signature

Signature of parent/guardian if entrant under 18 years:

Date:

I, the parent/legal guardian of the named competitor hereby certify that I have read and agree to be still bound by the terms of the above waiver on behalf of said competitor.



2012
Lethbridge, Alberta

Entry Deadline: April 15, 2012
(or when each event is full)

**Sunday May 13, 2012 • 9:00 AM • U of L
Lethbridge, Alberta**

Olympic Distance
1500 m Swim
40 km Bike
10 km Run

Sprint Distance
500 m Swim
20 km Bike
5 km Run

Super Sprint Distance
200 m Swim
15 km Bike
3 km Run
Mountain bikes or hybrids only, on paved surface

Limited to 96 participants per event!

Enter online or
download entries from our website.
www.runnersoul.com/triathlon



ENTER EARLY

Culligan
better water. pure and simple.

THIS EVENT DOES FILL UP WELL BEFORE ENTRY DEADLINE SO ENTER EARLY!

COURSE DESCRIPTION

Olympic

Swim 1500 m

Max Bell Aquatic Centre, University of Lethbridge (50 m swimming lane)

Bike 40 km

A fast, flat out and back.

Run 10 km

A challenging run from the university down into the river valley and across Whoop Up Bridge with a real "character" hill near the finish.

Sprint

Swim 500 m

Max Bell Aquatic Centre, University of Lethbridge (50 m swimming lane)

Bike 20 km

A fast, flat out and back.

Run 5 km

A challenging run from the university down into the river valley and across Whoop Up Bridge with a real "character" hill near the finish.

Super Sprint

Swim 200 m

Max Bell Aquatic Centre, University of Lethbridge (50 m swimming lane)

Bike 15 km

Mountain Bikes or Hybrids Only

Run 3 km

A challenging run from the university down into the river valley and back up the hill.

RACE PACKAGE PICKUP

Saturday May 12, 2012 • 9:30 am - 5:00 pm

Runners Soul 2646 S. Parkside Dr.

Lethbridge AB T1K 0C4 (403) 327-2241

Sunday May 13, 2012 • 7:00 am - 8:00 am (out of towners only please)

at the University of Lethbridge

There will be a mandatory pre-race meeting for all participants poolside at 8:15 am.

FOR INFO

Phone (403) 327-2241 phone or check out our Website: www.runnersoul.com/triathlon

Entry can be downloaded from the website!

To confirm entry check the website: www.runnersoul.com/triathlon

ENTRY FORM

Name _____

Address _____

City _____ Province _____ Postal Code _____

Ph# _____ Business # _____

Email Address _____

Age as of May 13, 2012 _____

Event Olympic _____ Sprint _____ Super Sprint _____

Est. Swim time 1500m (Olympic) _____ min. _____ sec.

Est. Swim time 500m (Sprint) _____ min. _____ sec.

Est. Swim time 200m (Super Sprint) _____ min. _____ sec.

Your entry will not be accepted if you do not include your swim time. Your times can be updated later.

GENDER: MALE _____ FEMALE _____

CATEGORY - Age as of May 13, 2012

14-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60+

Do you wish the medical personnel of the Runners Soul Triathlon to be aware of any specific medical problems?



NO CANCELLATIONS OR REFUNDS

(even for darn good reasons!)

\$75.00 per person (\$78.00 online)

Note: Entry Deadline April 15, 2012

Late Entry (After April 15, 2012 if space is available)

\$85.00 per person (\$88.00 online)

Make cheque or money order payable to Runners Soul. Out of town entries should be sent to:

Runners Soul 2646 S. Parkside Dr.

Lethbridge AB T1K 0C4 (403) 327-2241

Enter online using Visa or Mastercard at www.runnersoul.com/triathlon

(PLEASE FILL OUT BACK PAGE)

Information will be used to assist finish line announcer.