

The Claus Cause

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

in person

Return completed entry forms to Runners Soul.
Payment by cash or cheque only.
Check website to confirm entry:
www.runnersoul.com/clauscause

online

Enter online with Visa or Mastercard at
www.runnersoul.com/clauscause
Race package pick-up:
Friday, Nov. 18, 2011 at Runners Soul
(10 am - 5:30 pm)

Call (403) 327-2241 for information!
Sorry - - - No cancellations or refunds.

Entry Fee:

\$15 & non-perishable food item
Entry fee includes a pair of custom Claus Cause gloves and post run refreshments.
Please bring your non-perishable food item to race package pickup.



**Runners Soul
presents**

The Claus Cause



NOVEMBER 19, 2011

**5 & 10 km run/walk
in support of the
Lethbridge Food Bank**

limited to the first 400 entries

The Cause:

The Claus Cause is a 5 and 10 km run/walk held in support of the Lethbridge Food Bank. The entry fee is \$15 and a non-perishable food item. All proceeds will be donated to the Lethbridge Food Bank along with the non-perishable food items.



Course Information:

The run will start and finish at Fort Whoop-up. Both the 5 and 10 km events start at 9:00 AM with the 10 km runners doing two loops of the 5 km course. The route will be clearly marked and will see participants run by the Helen Schuler Coulee Center and through Indian Battle Park. Terrain includes paved trails and roads. The course has been measured using Athletics Canada/Run Canada criteria and is currently pending certification.

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 _____

Female Male

5 K 10 K

Cheque or Cash: \$15.00 Entry Fee Enclosed \$ _____

Visa or Mastercard must enter online at:

www.runnersoul.com/clauscause

Online entries will be charged a \$1.00 administration fee.

Individual Age Category:

9 & Under 30-39

10-14 40-49

15-19 50-59

20-29 60+

Waiver

I agree to comply with the rules, regulations and event instructions of the Claus Cause 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)