

Registration Form

Name: _____

Address: _____

Postal Code: _____

City / Province: _____

Phone: _____

Email: _____

Relay Team Name: _____

Shirt Size: S M
 L XL

All entrants will receive a souvenir runner's shirt. To guarantee race day delivery, you must register by June 20, 2010

Sex: Male Female

Event : 10 km Run
 5 km Run / Walk
 15 km Relay Run
(3 person Team)

Entry Fees:

\$ 35.00 per entrant (by June 20, 2010)

\$ 40.00 per entrant (after June 20, 2010)

\$ 30.00 per entry - Groups of 4 +

\$ 90.00 per relay team

(\$ 35.00 per relay or group runner after deadline))

Total Fees Enclosed \$ _____

Make Cheque payable to
Foothills AIM Society

You must sign the waiver
on the reverse side

For more information
contact **Gerry 403-652-4161 ext. 229**

Post Race Windup

**At George Lane Park
in High River, Alberta**

**Random Canada Day draws to be made
right after the race.**

*Stay the day in beautiful High River
and enjoy Canada Day festivities
in George Lane Park and Fire Works at night*

Sponsors:

*Thank you to our sponsors
for helping make this event a success*



New sponsors are always welcome



CANADA DAY RUN

Thursday July 1, 2010

George Lane Park
High River, Alberta

9:00 am

5K walk/run & 10K run
Free kids run at 8:40 am

Sponsored by



**In Support of the Foothills
Advocacy in Motion
Society**

(pledge form enclosed)

*"Connecting persons with
disabilities to their chosen
community"*

www.faims.org

**Race Date:
Thursday July 1, 2010**

Free Kids 1 km run
8:40 am (no shirt awarded)

5 km 10 km & 15 km Relay Run

Start Time
9:00 am sharp

Race Location:

Start / Finish at George Lane Park in
downtown High River

(for map of location and race course
go to www.faims.org and click on
agency events)

Parking

Lots of free parking in the vicinity,
although there will be no access
to the park on the morning of race day



Entry Fees

\$ 35.00 - Before June 20, 2010

\$ 40.00 - After June 20, 2010

Fee waived for pledges of \$120.00 or more

\$ 30.00 per entry - Groups of 4 or more
from the same club, group family

\$90.00 per relay team (3 Person Team)

**Race day entries will be accepted at George Lane
Park (7:45 am to 8:45 am)**

No refunds or cancellation

How To Register:

On Line Registration

www.faims.org

Mail to :

**Canada Day 5 km / 10 km
c/o Foothills AIM Society
126 9th Ave S.E.
High River, AB T1V 1E7**

Drop off at:

**Foothills AIM Society
126 9th Ave S.E.
High River, AB T1V 1E7
hours M/F 8:30 am to 4:30 pm**

Package Pick up

**Bob Snodgrass Rec Complex
228 12 Ave S.E. High River
Wednesday, June 30, 2010
4:00 pm to 7:00 pm**

or

**Race Day at George Lane Park
(7:45 am to 8:45 am)**

Release and Indemnity

**MUST BE SIGNED AS IS OR THE
ENTRY FORM WILL NOT BE
ACCEPTED.**

In consideration of the Servus Credit Union Canada Day Race accepting this, my entry, I hereby, both for myself, my heirs, release from liability and waive any and all claims for damages (whether for personal injury, death, illness, property damage and/or loss), including claims for negligence, which I may have as a result of participation in this race, against the Foothills Advocacy in Motion Society, Servus Credit Union, and the Town of High River, race organizers and volunteers assisting them and other participants in this race. I acknowledge that running is a sport with risks (both known and unknown) inherent in it and in signing this entry form it is my intention to accept those risks, and all consequences thereof, for myself alone. I also consent to the posting of race results and photos on the Foothills AIM Society website for future promotion of the event. I acknowledge that I have read this Release in it's entirety, that I understand and agree to be bound by it's terms and I am signing it voluntarily without any duress of undue influence from anyone.

Signature of Participant or Signature of
Parent / Guardian of entrants under 18
years of age.

Date