The 31st ANNUAL CALGARY WOMEN'S RUN

Sunday August 30, 2009
10km Run/5km Run/5km Walk

Presented by the Calgary Roadrunners, The Tech Shop, & Asics
All proceeds to support the Calgary Women's Emergency Shelter

Events
5km Run
5km Race Walk or Walk
10km Run
Mother/Daughter teams in 5km distances

Location
Shouldice Pool Park, 1515 Home Road NW
Flat fast pathway east along the Bow River
9:00 AM Start

Entry Fee (Non-Refundable)
$35 - early bird (until 31 July)
$40 - (1-29 August)
$20 - 19 & under

$5 discount for CRR, and Bikini Bootcamp and Cadence Chiropractic clients

Registration
online @ calgarywomensrun.eventbrite.com
mail & drop off details below
cheques payable to Calgary Roadrunners

Package Pickup
Tech Shop South 2415 4 St SW
August 28: 4-8pm
August 29: 10am-4pm

Awards, Prizes, & Discounts
Cash prizes for the 1st place finishers in both the 5km & 10km distances
Mother/Daughter Team Prizes, Finisher Prizes, & Door prizes (must be present to win)
Ladies Only Night @ The Tech Shop South (with discounts): August 28 6pm-8pm

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ENTRY FORM FOR CALGARY WOMEN'S RUN 2009

Name _____ Phone _____

Address _____ Email _____

Race Day Age _____ CRR Membership # _____ Amount Enclosed $ _____

__5km Run
__5km Walk
__5km Race Walk
__10km Run

__Mother/Daughter team
Teammate's Name _____
Drop Off - Tech Shop South 2415 4 St SW
Mail – PO BOX 311, Station M, Calgary, AB, T2P 2H9

WAIVER MUST BE SIGNED OR ENTRY FORM WILL NOT BE ACCEPTED

In consideration of my being permitted to participate as an entrant or competitor in this event, I myself, my heirs, executors, successors, and assigns do hereby remise, release, and forever discharge, waive and save harmless, protect and keep indemnified the Calgary Women's Run and any of their said sponsors, participants, volunteers, spectators, and officials from and against any kind of claims, costs, expenses, and demands in respect of injury, loss, and damage to my personal property however caused out of my being permitted to attend or in anyway take part prior to, during, or subsequent to this event whether as an entrant, spectator, volunteer, or otherwise and not withstanding that the same may have been contributed to or occasioned by negligence of any of the aforesaid, their agents, officials, servants, or representatives. By submitting this entry, I acknowledge having read and agreed to the above waiver.

_____ Date _____

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