

LOST SOUL ULTRA
"THE TOUGHEST RACE ON THE PRAIRIES"
September 10th – 11th, 2010 Lethbridge, Alberta, Canada
Part of the Alberta Ultra Series
www.lostsoulultra.com

50KM RACE – 80 ENTRIES, 100KM – 70 ENTRIES, 100MILE – 70 ENTRIES
INDIVIDUALS ONLY – TWO AGE CATEGORIES 18-49 & 50+ – CANADIAN DOLLARS
100 miler • 100 km will start Friday Sept. 10th at 8:00 AM.
50 km will start Saturday Sept. 11th at 7:00 AM.
COURSE CLOSSES Sept 11th at 7 PM SHARP

<p style="text-align: center;">Entry Fee *before August 10th, 2010 100 Miler - \$165.00 100 KM - \$140.00 50 KM - \$115.00 <u>Entry deadline is Friday August 27th</u> (*post marked)</p>	<p style="text-align: center;">Entry Fee if entering *on or *after August 10th, 2010 100 Miler - \$185.00 100 KM - \$160.00 50 KM - \$135.00 <u>Entry deadline is Friday August 27th</u> (*post marked)</p>
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Please note: you cannot transfer your entry to another runner no matter what the reason!

All participants will receive a technical running garment, official race photo, aid station supplies, awards breakfast Sunday Sept. 12th, and a special finisher's award. Half of the entry fee is refundable before Midnight on Aug. 10th, after that your entry fee will be 100% non-refundable.

Fill out entry form below and mail to: Runners Soul 2646 South Parkside Dr. Lethbridge, AB., Canada T1K 0C4
Make cheques payable to: Runners Soul - Lost Soul Ultra –ENTRY DEADLINE IS August 10th, 2010.

How many extra Sunday Awards breakfast tickets do you need? These tickets must be purchased in advance to guarantee seats for the awards ceremony.

Adults \$12.75 x _____ = \$ _____
Children \$10.00 x _____ = \$ _____
TOTAL ENTRY \$CDN = \$ _____

Please indicate Race Distance: 50km - \$115 / \$135 100km - \$140 / \$160 100 Mile - \$165 / \$185 = \$ _____

Last Name _____ First Name _____ Male Female

Date of Birth _____ Please check age category 18-49 50+

Address _____ City _____ Province/State _____ Postal/Zip _____

Telephone #hm. _____ #wk. _____ Shirt Size: S M L XL (circle)

E-mail address (required for confirmation of entry) _____

Emergency contact _____ Phone Number _____ City _____

Waiver: Please read and sign – I know that trail racing is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by a decision of the race officials relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of weather, including cold, heat or high humidity, and all such risks associated with trail running. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive, and release Runners Soul Inc., and all race officials and agents, all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Runners Signature: _____ **Date:** _____