

COALDALE FAMILY FUN RUN ENTRY FORM •one person per entry form
•photocopies are acceptable

Last Name: _____ First Name: _____

Participating as (select only one): Individual Corporate Team School Team

Event Format: Virtual Race In-Person Race

Corporate or School Team Name: _____

Address: _____

City: _____ Province: _____

Postal Code: _____ Phone: _____

E-Mail (mandatory-write clearly): _____

Age on Race Day: _____ Birth Date: _____

Female Male

Individual Age Category:

- 6 & under 30-39
 7-10 40-49
 11-14 50-59
 15-19 60-69
 20-29 70+

Help us with our advertising! How did you hear about this event?

- Colored brochure Facebook
 Poster Friend
 Radio Team Challenge
 Town Sign Repeat Racer
 School Other _____

Payment with Visa or MasterCard must enter online with \$2 processing fee.
racepro.ca/coaldale

Waiver:

Acknowledgment, assumption or risk, and release of liability: In consideration of Coaldale 5K Family Fun Run accepting my entry in this virtual and/or in person running event (hereinafter "the Event"), I, the below undersigned, intending to be legally bound, for myself and anyone entitled to act on my behalf. As a condition of my participation in the Event, I assume all risk of personal injury, death, or property loss resulting from any cause whatsoever, including, but not limited to, the negligence, gross negligence, breach of contract or breach of statutory duty of care on the part of Coaldale 5K Family Fun Run, Coaldale Christian School and the Town of Coaldale, their employees, volunteers, organizers, contractors, associates, representatives, sponsors, successors and assigns. I acknowledge that the Coaldale 5K Family Fun Run shall not be liable for any such personal injury, death or property loss as a result of my participation in the Event and I release the Coaldale 5K Family Fun Run and waive all my rights and claims with respect thereto. I acknowledge the following: Coaldale Family Fun Run has not designated a start or finish site for the virtual event; There will be no medical services provided to any runner; I will hydrate sufficiently prior to the run and hydrate regularly during the run; No support services, namely hydration/electrolyte replacement/energy supplements and artificial cooling methods (sponges, misting stations) will be provided in any fashion; Each participant will complete the Event based on personal preference and capability (pace, cadence, aerobic threshold); and each participant is responsible for continuously monitoring exertion during the Event and the manner in which medical attention is sought. I attest that I am physically fit and sufficiently trained for the completion of the Event. Furthermore, I hereby grant full permission to use my name and likeness, as well as any photographs and any record of the Event in which I may appear for any legitimate purpose, including advertising and promotion. I have read and understand this agreement and I am aware that by signing this agreement I am giving up certain substantial legal rights including the right to sue. I sign this agreement voluntarily and without inducement.

Signature of entrant (parent or guardian if entrant is under 18 years) _____ Date: _____

DISCLOSURE STATEMENT: Coaldale Canadian Reformed School Society (Incorporated in Alberta) operating Coaldale Christian School will be hosting the Coaldale 5K Family Fun Run. The event estimates to raise a gross profit of \$30,000 which includes expected fundraising costs of approximately \$8,000. Monies raised from this event will be put towards Community enhancement projects. For further information regarding this event, please contact Melanie Harthorn at 403-345-3463. Our address is: Coaldale Christian School, 2008--8 Street, Coaldale, AB, T1M 1L1. Phone: 403-345-4055. Website: coaldalechristianschool.com. For more information regarding our organization, please contact 403-345-4055.

RACEPRO.CA / COALDALE



5K RUN OR WALK



IN-PERSON EVENT

APRIL 9

VIRTUAL RACE WEEK

APRIL 2-9

**CORPORATE TEAMS
SCHOOL TEAMS**

**LAST DAY TO REGISTER
APRIL 8 NO EXCEPTIONS**



OUR GOAL

- To encourage healthy outdoor activity, enhance family time, and bring cohesiveness to the Town of Coaldale
- Donation of \$2 from every entry to Rehoboth - serving people with disabilities
- Event proceeds go towards community enhancement projects

ENTRY FEE

- \$10 Youth 15 and under
- \$20 Adult 16+
- T-shirts are \$10 each
- Kids in strollers are free with no registration required
- Sorry, no refunds or cancellations

IN-PERSON RACE

- In-person event to take place April 9, at 10am at Coaldale Christian School
- Event will be based on current AHS guidelines for outdoor events
- Should outdoor event not be permitted all participants will be shifted to virtual race

VIRTUAL RACE INSTRUCTIONS

- Run any time during April 2-9
- Track your own distance and time using your watch or favorite app, then post online!
- Take advantage of the many new pathways in Coaldale or run/walk the traditional race course with start line at Coaldale Christian School
- Treadmills are acceptable
- When registering for the Fun Run, you will receive a confirmation email. The evening of April 1 an email will be sent with detailed instructions along with a link to a sample video explaining exactly what you need to do next
- Remember to take photos and post them to social media using #CoaldaleFunRun2022

LAST DAY TO REGISTER

- **FRIDAY, APRIL 8.**
- Race entries **WILL NOT** be accepted on race day
- **NO EXCEPTIONS**
- Register before April 1st and you will be entered to win a prize package from Flaman worth \$250!

HOW TO REGISTER

By Mail:

Send completed entry form and a cheque made payable to:

Coaldale Fun Run
2008-8th Street
Coaldale, Alberta T1M 1L1

Online:

Visit racepro.ca/coaldale to enter online and pay with Visa or Mastercard
Online entries will be charged a \$2.00 processing fee

In Person:

Return completed entry form, along with cash or cheque, to Coaldale Christian School OR Runner's Soul in Lethbridge. Confirm your entry by visiting our website, racepro.ca/coaldale

RACE PACKAGE PICK UP

- Please pick up your package on Friday, April 8 at Coaldale Christian School 11:00 am - 6:00 pm
- Anyone can pick up your race package!
- Race pack mail-out is available for a fee

RESULTS

- Race results certificate download at racepro.ca/coaldale

MEDALS & PRIZES

- Virtual participants to receive a free buff
- Medals and prizes awarded to in-person participants only
- Medals for top three contestants in each category
- Prize for TOP OVERALL male & female
- Prize for youngest contestant who participates independently
- Prize for oldest contestant
- Prize for largest family
- Prize for fastest stroller pusher

TEAM CHALLENGES Deadline Fri, April 8

- Register your business as a team
- Any student may register as a Coaldale School team member
- Teams may participate either virtually or in-person for the largest team
- Fastest team will be calculated using in-person participants only

NEED MORE INFO?

- For full details visit our website racepro.ca/coaldale
- Follow us on Facebook and Instagram.
- For more information contact melanie.harthoorn@gmail.com



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