

# 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

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](http://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 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 this virtual event; Coaldale Family Fun Run has not defined a specific route that must be covered; 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 virtual run based on personal preference and capability (pace, cadence, aerobic threshold); and Each participant is responsible for continuously monitoring exertion during the virtual run 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](http://coaldalechristianschool.com). For more information regarding our organization, please contact 403-345-4055.



Tenth Annual

# FAMILY FUN RUN COALDALE 2021

Presented by Coaldale Christian School



## TEN YEARS RUNNING

### 5K RUN OR WALK RACE WEEK

**VIRTUAL** **APRIL 19-26**

## RACEPRO.CA/COALDALE

**\$2 from every entry to support**  Segue Women's House



**Christian**  
CREDIT UNION



## OUR GOAL

- To encourage healthy outdoor activity, enhance family time, and bring cohesiveness to the Town of Coaldale
- Support local charity by donating \$2 from every entry to Segue Women's House
- 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
- Includes buff and commemorative booklet
- Sorry, no refunds or cancellations

## TEAM CHALLENGES Deadline Fri, April 16

- Register your business as a team. It's great exposure for your business! Prizes to be won!
- Attention Coaldale Students! Register with your School Team. \$1500 awarded to the largest school.

## VIRTUAL RACE INSTRUCTIONS

- Run any time during April 19-26
- 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 you register for the Fun Run, you will receive a confirmation email. The evening of April 17 an email will be sent with detailed instructions along with a link to a sample video explaining exactly what you need to do next
- Snap a picture or screen shot of your time and upload it with your posting (optional)
- Remember to take photos and post them to social media using #CoaldaleFunRun2021

## EARLY BIRD ENTRY DRAW

- 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:

Enter online with Visa or Mastercard. Online entries will be charged a \$2.00 processing fee. Visit [racepro.ca/coaldale](http://racepro.ca/coaldale)

### 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 going to the following website: [racepro.ca/coaldale](http://racepro.ca/coaldale)

## MEDALS & PRIZES

- Medals for top three contestants in each category
- Prize for TOP OVERALL male & female
- Prize for youngest contestant
- Prize for oldest contestant
- Prize for largest family
- Prize for fastest stroller pusher

## RACE PACKAGE PICK UP

- Please pick up your package on Saturday, April 17 at Coaldale Christian School 11:00 am - 4:00 pm
- Anyone can pick up your race package!
- Race pack mail-out is available for a fee.

## NEED MORE INFO?

- For more information contact [melanie.harthoorn@gmail.com](mailto:melanie.harthoorn@gmail.com)
- For up-to-date race info follow us on Facebook

## RESULTS

- Race results certificate download at [racepro.ca/coaldale](http://racepro.ca/coaldale)
- Check out our Facebook page for photos and video updates!



LEONARD D. FAST LAW



### SILVER SPONSORSHIP

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### BRONZE SPONSORSHIP

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