

Thank you to our
generous corporate sponsors



Race Kit Pickups

Please pick up your race kits
at the Eau Claire Running Room at:
Unit A01, 200 Barclay Parade SW
Calgary, AB T2P 4R5

Friday, Dec. 12 between 4 – 8 pm

Saturday, Dec. 13 between 10 am – 4 pm

For questions please call 403.829.8382

The 10k run is a timed race.



Pledges

Pledge Collector: _____

NAME	PHONE	
ADDRESS	AGE	
CITY	PROV	POSTAL CODE
AMOUNT	PAYMENT METHOD	

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Total Pledges: _____

Its the 5th Annual Catch the Elves 3K Walk & 10K Run for Muscular Dystrophy Canada



Sunday, December 14, 2008
10 am, Eau Claire Market, Calgary

**Participants are encouraged
to collect pledges for Muscular Dystrophy Canada
and help make muscles move.**



www.muscle.ca

www.runningroom.com

Participants are encouraged to collect pledges for Muscular Dystrophy Canada.

Muscular Dystrophy is a disease where your mind says go but your muscles say stop.

Did you know that we do not have a cure for neuromuscular disorders? You can help!

Pledges

Please hand in your pledge money to the race event staff when you pick up your registration package prior to the race at the Eau Claire Running Room. Individual pledges of \$20 or more are eligible for tax receipts. (These receipts will be issued by the Muscular Dystrophy Canada office by mail. Charitable number: 107755837RR0001)

Please make donations out to Muscular Dystrophy Canada.

For more information, to sponsor or to get involved, please contact Kelly Hyde-Wein at:

Email: khydecorp@mac.com

Phone: 403.829.8382

Web: www.muscle.ca

or contact the Eau Claire Running Room/Walking Room at:

Email: jallison@runningroom.com

Web: www.runningroom.com

The first 400 registered participants will receive a technical sports T-shirt. All participants will be treated to a post race meal and a chance to win some great prizes. A silent auction will also take place.

All pledges in by January 2, 2009

**Register today on-line at
www.runningroom.com!**

Pledges

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	PAYMENT METHOD

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Total Pledges: _____

Entry Form

ENTRY FEE:	CHILDREN 12 YEARS OF AGE AND UNDER	EARLY BIRD TIL NOV 30	STANDARD TIL DEC. 11
INDIVIDUAL CIRCLE ONE	\$10	\$35	\$40
TEAM CIRCLE ONE (MIN OF 4 AND MAX OF 6, EACH TEAM MEMBER MUST COMPLETE AN ENTRY FORM)	\$10 (PER PERSON)	\$25 (PER PERSON)	\$30 (PER PERSON)

Team Name: _____

Team Captain: _____

NAME	AGE	<input type="checkbox"/> MALE	<input type="checkbox"/> FEMALE
ADDRESS			
CITY	PROV	POSTAL CODE	
EMAIL		PHONE	

PLEASE CHOOSE YOUR EVENT: 3K WALK 10K RUN

TSHIRT: SMALL MEDIUM LARGE X-LARGE

PAYMENT: CASH CHEQUE (PLEASE MAKE PAYABLE TO MUSCULAR DYSTROPHY CANADA)

NON-TRANSFERABLE AND NO CASH REFUNDS

All entrants must read this waiver and sign below.

Waiver – I know that participating in physical fitness is a potentially hazardous activity. I agree not to participate unless I am medically able and properly prepared. I should not participate without my physician's approval. I agree to abide by any decision of an event official concerning my ability to safely participate. I assume any and all risks associated with the event: including but not limited to, falls, contact with other persons, objects, the effects of weather, traffic and course conditions. As a condition of my entering this event, I, for myself, any accompanying minors, and anyone entitled to act on my behalf, waive and release Running Room Sports Inc., any associated or related entities, their directors, officers, employees, agents, representatives, sponsors, volunteers and organizers (herein collectively called "Event Organizers"), from present and future claims and all liabilities of any kind, known or unknown, arising out of my participation in this event or related activities, even though such claim or liability may arise out of negligence or fault on the part of the Event Organizers. I agree that the Event Organizers shall not be liable for any personal injury, death or property loss, and I release the Event Organizers and waive all claims with respect thereto. In the event my registration fees are paid, I agree to be bound by the provisions of this waiver. I grant permission to Event Organizers to use or authorize use others to use any photographs, motion pictures, or any other record or my participation in this event or related activities without remuneration. Applications for minors shall be accepted only with a parent's signature and should be signed by the minor – I have read this Waiver. I understand and accept its terms.

Privacy Policy – Running Room Canada Inc, is committed to respecting the personal privacy of our customers. All personal information held or collected by Running Room Canada Inc, is protected. If you have any questions about the protection of your personal information, please contact us at: mailprivacy@runningroom.com or by postal mail to Running Room Canada Inc, 9750-47 Avenue, Edmonton, Alberta, Canada, T6E 5P3. To view our privacy policy visit web site: www.runningroom.com.

SIGNATURE (PARENT/GUARDIAN SIGNATURE IS REQUIRED UNDER THE AGE OF 18)	DATE
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Please tear off this column and mail or drop off your form to any Running Room location in Calgary.