

EDMONTON WOMEN'S 5k & 10k

JUNE 28, 2009
RUN & WALK
MULTISPORTSCANADA

We are pleased to welcome women of all ages to participate in Edmontons first Womens Only run and walk in Edmonton!

Visit the race website now - www.multisportscanada.com/EdmWomenRun - where you will find full race details, training tips and information about practice runs and how to register. You can also save \$15 by registering before June 1!

WHY? To encourage and support women as they embrace healthier and more active lifestyles, this event is suited to runners and walkers of all levels. Recreational athletes will enjoy the opportunity to run or walk either the 5km or 10km course while more competitive athletes can test their ability against other women! Join hundreds of like-minded women and achieve an amazing goal!

Entry Fees

The entry fee includes a race t-shirt, medal, goody bag and certificate.

Event	Now-May 30	June 1-27
10km	\$50	\$65
5km	\$40	\$55

Standard entries close on 30 May 2009. Entries recieved after this date are \$15 more. For full terms and conditions visit www.multisportscanada.com



Contact: Kristin Baker, Event Director
e: womenrun@multisportscanada.com ph: 780-238-7795

msc
MULTISPORTSCANADA

In support of YWCA Edmonton, A Turning Point for Women



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Register Online

The Edmonton Womens Run website can be found at www.multisportscanada.com/EdmWomenRun where you will find everything you need to register online. Online registration closes Thursday, June 25 at 11:59 p.m. In-person registration will take place on Friday, June 26, 5pm-8pm, and Saturday, June 27, 1pm-5pm in conjunction with Packet Pick-Up.

The Course

A complete course map with a written description is posted online at www.multisportscanada.com

Parking

Parking on race day, Sunday, June 28, will be plentiful within the park to the east and west of our start/finish area. Additional parking is also available in Hawrelak Park.

Prize Money

This inaugural Run For Women offers \$500 in prize money as follows: 10km event: 1st - \$250... 2nd - \$175... 3rd - \$75

Awards Ceremony/Results

The awards ceremony will take place at 11:30 a.m. immediately following the conclusion of the Event. Results will be posted by 11:30 a.m. in front of packet pickup at the race site.

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OFFICIAL ENTRY FORM

June 28, 2009 Start Time - 9:00am



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EVENT: 10km 5km

Last Name First Name

Mailing Address

City Prov Postal

Phone Number (Day)

E-mail Date of Birth Age

Entry Fees

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5km	\$40	\$55

TOTAL ENCLOSED \$ _____
ENTRY FEES ARE NOT REFUNDABLE.
*DO NOT mail this form after Friday, June 19. In-person registration (last chance) will take place Saturday June 27, 1-5p.m.

T-Shirt Size (**Not guaranteed)
XS S M L XL

PAYMENT METHOD: Cheque Visa Mastercard

Card Number Expiry

Cardholder Name Signature

Mail to: Multisportscanada 11420 - 73 avenue Edmonton, AB T6G 0E1

EVENT: 10km 5km

Last Name First Name

Mailing Address

City Prov Postal

Phone Number (Day)

E-mail Date of Birth Age

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