

team registration

Event: 1 km <input type="checkbox"/> 5 km <input type="checkbox"/> 10 km <input type="checkbox"/>		Run <input type="checkbox"/> or Walk <input type="checkbox"/>	
Employer:			
Dept/Group:			
Team Name:			
1) TEAM CAPTAIN - all registration information will be sent by email			
Last name:		First name:	
Date of birth: (MM/DD/YY)	Gender: M <input type="checkbox"/> F <input type="checkbox"/>	Shirt size:	
TEAM CONTACT DETAILS			
Address:			
City:		Prov/State:	
Postal/Zip Code:		Country:	
Email:		Phone:	

T-SHIRT SUMMARY (total the number of shirts in each size you require)					
Description	S	M	L	XL	XXL
Adult Cotton					
Adult Tech (Entire team must upgrade)					
Youth Cotton				N/A	N/A

EVENT	rate for team of 10	Plus additional fee each	sub total
1 km run/walk	\$150	# x\$15	\$
5 km run/walk	\$200	# x\$20	\$
10 km run/walk	\$250	# x\$25	\$
Tech Upgrade		# x\$15	\$
TOTAL DUE			\$

No refunds or transfer of fees

Payment Methods:

Visa Mastercard Cheque (payable to University of Alberta/Little Big Run)

Name on card _____

Credit card number _____

Expiry date _____ Signature _____

Waiver: I know that participating in physical fitness events is a potentially hazardous activity and agree not to participate unless I am medically able. I assume all risks associated with this event. I release Edmonton Journal Little Big Run and Event Organizers from all claims and liabilities of any kind arising from my participation in this event. With my paid registration fees, I agree to be bound by this waiver. Visit littlebigrun.ca for full Waiver.

I have read this Waiver. I understand and accept its terms.

Signature: _____

Team: 10 or more people (add extra fee for each additional team member). Kids 2 and under are free (no T-shirt or souvenirs).

Registration fee includes: one cotton T-shirt, finisher water bottle and souvenir for each participant.

Name (Last, First)	Date of birth (MM/DD/YY)	Gender	Shirt Size
1) TEAM CAPTAIN			
2)			
3)			
4)			
5)			
6)			
7)			
8)			
9)			
10)			
ADDITIONAL TEAM MEMBERS – CAN BE ADDED AFTER BASIC 10			
11)			
12)			
13)			
14)			
15)			
16)			
17)			
18)			
19)			
20)			
21)			
22)			
23)			
24)			
25)			

Instructions

- Register your team today to guarantee selected shirt sizes and secure your Team Name
- Start with your base team of 10 – you may add an unlimited number of members at a later date
- Use this form to get started today! Check our website for news about online and electronic registration.
- Tech upgrades must be for the entire team at just \$15 each; each paid registrant automatically gets a cotton T-Shirt, water bottle and souvenir.

Edmonton's Little Big Run

is a non-profit organization created to encourage physical activity and health. Proceeds go directly to kids' programs throughout the Edmonton Area.

NEW kids picnic

Friday, May 30: 'Little Run' Schools Division – Laurier Park

Run, Jump, Throw activities through Laurier Park. Registration information through Edmonton Schools.

NEW 1 km route

Sunday, June 1: 'Big Run' Adult and family – Edmonton City Hall

10 km, 5 km or Capital Health Weight Wise 1 km walk or run through downtown and the river valley, beginning and ending at City Hall. Stay for draw prizes and Free Kids' Zone.

Kids' Fun Zone

Sunday, June 1: Health & Fitness Expo Adult and family – Sir Winston Churchill Square

Expo featuring health and wellness exhibits, a Kids' Fun Zone and entertainment.

sponsors



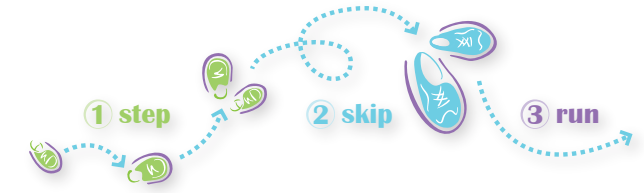
The Canadian Athletics Coaching Centre



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FOUNDERS



EDMONTON JOURNAL



LITTLE BIG RUN

2008

May 30-June 1

step into action for better health

littlebigrun.ca

REGISTRATION

Register online at littlebigrun.ca

detach here

how to register

- **Online at littlebigrun.ca**
- **Running Room retail locations**
- **In person at City Hall**
Friday, May 30: 10 am–8 pm
Saturday, May 31: 9 am–6 pm
- **Send your form in**
email: register@littlebigrun.ca
or fax: 1-888-240-2469

Each participant and volunteer gets a cool Cotton T-Shirt, Water Bottle and Souvenir Button!



Package Pick-up •

T-Shirts, timing chips (10km only)
Edmonton City Hall, 1 Sir Winston Churchill Square

Times: Friday, May 30, 10 am – 8 pm
Saturday, May 31, 9 am – 6 pm

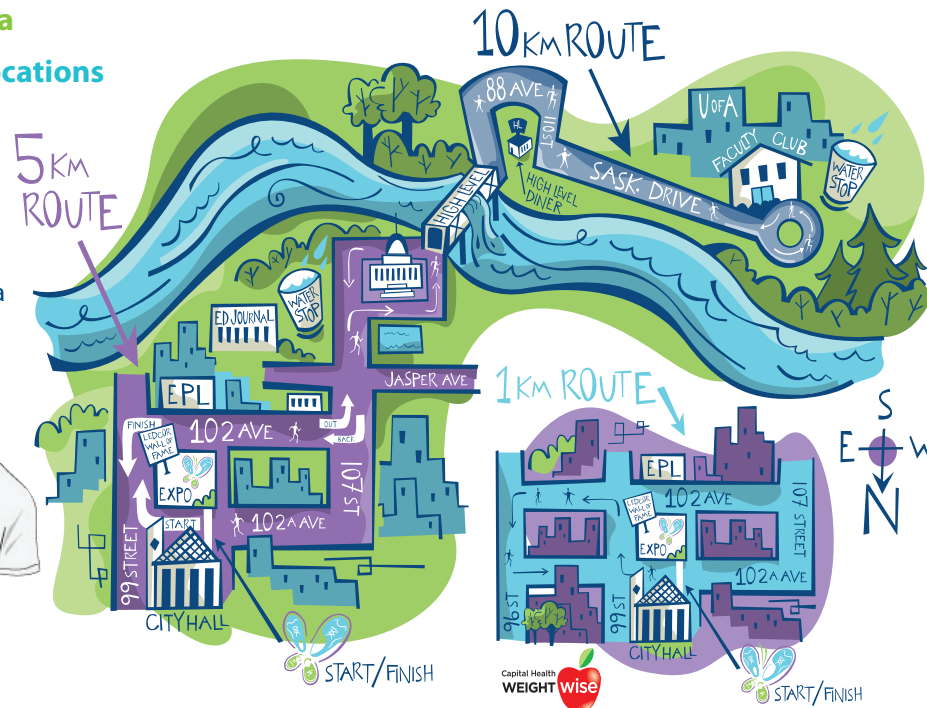
Timing • Only 10 km participants will receive timing chips at package pick-up and must be returned at finish line (\$50 charge for unreturned chips).

Race Day Info • Arrive early for free yoga stretch by Lions Breath Yoga!

Event Start Times

- 8:00 AM – Wheelchair
- 8:05 AM – 10 km walk/run
- 8:10 AM – 5 km walk/run
- 8:15 AM – Capital Health Weight Wise 1 km walk/run

route maps



Baby strollers welcome

Please line up at the back of the runners. For safety reasons courses are limited to registered runners and walkers only. Rollerblades, skateboards, bicycles and pets are prohibited.

Runner services

- Water stations located every 2.5 km
- Toilets located at each water station
- Medical services on route & at Finish

Volunteers!

Get involved with this fun event!

Register to volunteer online at littlebigrun.ca. All volunteers will receive a souvenir and a dinner on Volunteer Appreciation Night. Exclusive volunteer draw prizes will be awarded.

Free Expo, Kids' Zone and Entertainment

- exhibitors of fitness and health related products and information
- kids' zone — including inflatables, climbing wall
- family entertainment activities
- food and beverage vendors
- family friendly rest areas throughout the site
- draw prizes throughout the day

'Families and Business Helping Families' Programs

A donation from your family or company can help less fortunate families participate. Your family or company name will be listed on the Ledcor Wall of Fame for a donation of \$250 or more (tax receipt issued). For more info visit littlebigrun.ca or contact sponsor@littlebigrun.ca

single registration

Registration fee includes: one cotton T-shirt, finisher water bottle and souvenir for each participant. Upgrade to a Tech shirt for only \$15!

Event: 1 km <input type="checkbox"/> 5 km <input type="checkbox"/> 10 km <input type="checkbox"/>	Run <input type="checkbox"/> or Walk <input type="checkbox"/>
CONTACT INFORMATION (registration confirmation will be emailed to you)	
Last name:	First name:
Date of birth:	Gender:
Address:	
City:	Prov/State:
Postal/Zip Code:	Country:
Phone (day):	Phone (eve):
Email:	Fax:

EVENT	early bird*	regular rate	late rate	sub total
1 km run/walk	\$20	\$25	\$30	\$
5 km run/walk	\$25	\$30	\$35	\$
10 km run/walk	\$30	\$35	\$40	\$

T-SHIRT SIZE: please indicate	S	M	L	XL	XXL	sub total
Cotton T-Shirt: Adult sizes	#	#	#	#	#	INCLUDED
Cotton T-Shirt: Youth sizes	#	#	#	#	#	INCLUDED
Tech T-Shirt: Adult sizes only: \$15 each	#	#	#	#	#	\$
TOTAL ENCLOSED:						\$

*early bird deadline is April 30, 2008 No refunds or transfer of fees

Payment Methods:

Visa Mastercard Cheque (payable to University of Alberta/Little Big Run)

Name on card _____

Credit card number _____

Expiry date _____ Signature _____

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I have read this Waiver. I understand and accept its terms. Signature: _____

Register online at littlebigrun.ca

family registration

Family: 2 adults & 3 children under age 16 (add \$15 for each additional family member). Kids 2 and under are free (no T-shirt or souvenirs).

Registration fee includes: 2 adult size & 3 youth size cotton T-shirts, finisher water bottles and souvenir for each participant. Adult upgrade to Tech shirt for only \$15!

Event: 1 km <input type="checkbox"/> 5 km <input type="checkbox"/> 10 km <input type="checkbox"/>	Run <input type="checkbox"/> or Walk <input type="checkbox"/>
FAMILY CONTACT INFO (registration confirmation & waiver forms will be emailed to you)	
Last name:	First name:
Date of birth:	Gender:
Address:	
City:	Prov/State:
Postal/Zip Code:	Country:
Phone (day):	Phone (eve):
Email:	Fax:

ADDITIONAL FAMILY MEMBERS			
Name:	Date of birth:	Gender:	Shirt Size:
2)			
3)			
4)			
5)			

Register up to nine family members online

EVENT	early	regular	late	# additional X \$15	sub total
1 km run/walk	\$50	\$55	\$60	+ () X \$15 =	\$
5 km run/walk	\$55	\$60	\$65	+ () X \$15 =	\$
10 km run/walk	\$65	\$70	\$75	+ () X \$15 =	\$

T-SHIRT SIZE: please indicate	S	M	L	XL	XXL	sub total
Cotton T-Shirt: Adult sizes	#	#	#	#	#	INCLUDED
Cotton T-Shirt: Youth sizes	#	#	#	#	#	INCLUDED
Tech T-Shirt: Adult sizes only: \$15 each	#	#	#	#	#	\$
TOTAL ENCLOSED:						\$

*early bird deadline is April 30, 2008 No refunds or transfer of fees

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Visa Mastercard Cheque (payable to University of Alberta/Little Big Run)

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