



22nd Annual

# Crimson Lake Trail Run

Saturday, August 20, 2016



Crimson Lake Provincial Park

formerly David Thomson Trail Run / Brian Mazza Memorial Trail Run

## 10 km Trail Run

10:30 a.m. Start  
\$25.00 Registration

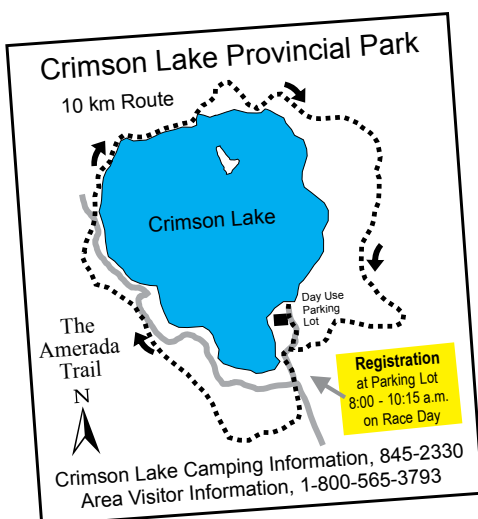
## 20 km Trail Run

9:00 a.m. Start  
\$35.00 Registration

## 3 km Trail Run

9:45 a.m. Start  
Entry Fee: \$5 per entry

*Signed Release required if under 18 years*



*Registration includes t-shirt, refreshments and numerous draw prizes. Registrations received on or before August 12, 2016, will receive a t-shirt. Later entries will receive a t-shirt while quantities last.*

## Registration:

**Send Completed Entry Form to:**

Crimson Lake Trail Run  
c/o The Mountaineer  
4814 - 49 St., Rocky Mtn. House, AB  
T4T 1S8

**Make cheques payable to:**  
Crimson Lake Trail Run

— or —  
**E-mail entries to:**  
[crimsonlakerun@gmail.com](mailto:crimsonlakerun@gmail.com)  
and submit payment by e-Transfer

*No refunds will be given.*

**Registration opens at 8:30 a.m. on Race Day at Crimson Lake Provincial Park Parking Lot**  
**Please Note:** Registration closes 15 minutes before start of race

**Race information on Facebook:**  
Crimson Lake Trail Run

Questions? Contact Phil & Yvonne Lacerte  
Phone: 403-845-5814  
e-mail: [crimsonlakerun@gmail.com](mailto:crimsonlakerun@gmail.com)

# CRIMSON LAKE TRAIL RUN • August 20, 2016

Last Name: \_\_\_\_\_

Date of Birth (DD/MM/YY): \_\_\_\_\_

First Name: \_\_\_\_\_

Male  Female Check Only One Category in One Race:

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_

Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

E-mail: \_\_\_\_\_

Phone # (cell) \_\_\_\_\_ (h) \_\_\_\_\_

20 KM RACE
<input type="checkbox"/> 19 & Under
<input type="checkbox"/> 20 - 29 yrs.
<input type="checkbox"/> 30 - 39 yrs.
<input type="checkbox"/> 40 - 49 yrs.
<input type="checkbox"/> 50 - 59 yrs.
<input type="checkbox"/> 60 yrs. +

10 KM RACE
<input type="checkbox"/> 19 & Under
<input type="checkbox"/> 20 - 29 yrs.
<input type="checkbox"/> 30 - 39 yrs.
<input type="checkbox"/> 40 - 49 yrs.
<input type="checkbox"/> 50 - 59 yrs.
<input type="checkbox"/> 60 yrs. +

3 KM RACE
<input type="checkbox"/> 8 & Under
<input type="checkbox"/> 9 - 12 yrs.
<input type="checkbox"/> 13 - 15 yrs.
<input type="checkbox"/> 16 - 19 yrs.
<input type="checkbox"/> 20 yrs. +

WAIVER: I agree to comply with the rules, regulations and event instructions of the Crimson Lake Trail Run. In consideration of your accepting this entry, I for myself and anyone acting on my behalf, waive and release any and all claims for injuries and damages I may have against the Race Committee, Crimson Lake Provincial Park, race volunteers, sponsors, their agents and relatives. I attest that I am physically fit and have trained for the completion of the Crimson Lake Trail Run.

Indicate method of payment:

Cash  Cheque  
 e-Transfer ([crimsonlakerun@gmail.com](mailto:crimsonlakerun@gmail.com))

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

(Parent if Under 18 Years)

**Race Number**  
(assigned on race day)