



CBC



# TENTH Amble with ANGUS

## For the Calgary Inter-Faith Food bank

### Event

CBC's Annual "Amble with Angus" for the Calgary Inter-Faith Food Bank.

Check [www.amblewithangus.com](http://www.amblewithangus.com) for details.

### Date

Friday, December 16th 2011

### Time

7:30 am - Please arrive early

### Location

The Arches at Eau Claire Market  
200 Barclay Parade SW

### Route

Pathways along the Bow River.

### Distance

Approximately 5 kilometres.

### Entry Fee

Register Online at [amblewithangus.com](http://amblewithangus.com) or register race day with a \$20 minimum donation to the Calgary Inter-Faith Food Bank. All entry fees are due on race day.

Be a part of the CBC/Suncor Food Bank Drive in support of the Calgary Inter-Faith food bank.

Early on the morning of Friday, December 16th, athletes will join Angus Cowan and brave the brisk morning air to run five kilometres in support of the Calgary Inter-Faith Food Bank.

**This is a fun run.**

*Our Sponsors*

**ideaca**  
[www.ideaca.com](http://www.ideaca.com)



### AMBLE WITH ANGUS RELEASE:

Waiver of Liability: In consideration of your accepting this entry I, the undersigned, intending to be legally bound, hereby, for myself, my family, my heirs, executors and administrators, forever waive, release and discharge any and all rights and claims for damages and causes of suit or action, that I may at any time have against Angus Cowan, Microsoft, Ideaca, CBC, Gord's Running Store, Amble with Angus race committee persons, officials, and volunteers and all sponsors of the run, for any and all injuries suffered by me as a result of participating in this event. I attest that I am physically fit, am aware of the dangers and precautions that must be taken when running in warm or cold conditions, and have sufficiently trained for the completion of this event.

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

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

eMail \_\_\_\_\_ Telephone \_\_\_\_\_

Mailing Address \_\_\_\_\_ City \_\_\_\_\_

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

Signature \_\_\_\_\_