In consideration of the acceptance of this entry form in "Street Meet 2011 10K Run & 3K Walk" event:

I _____, for myself, my heirs, executors, administrators and assigns hereby release Ups and Downs, and its successors, assigns, employees, officers, directors and agents as well as any other persons or organization assisting in the event (all the foregoing being collectively referred to hereinafter as the "Released Parties"), from any and all claims, demands, causes of action or damages whatsoever arising out of or resulting from any loss, injury or damage to my person or property that I may howsoever sustain or incur in connection with my participation in the Event, or any activity necessarily incidental thereto, notwithstanding that such loss, damage or injury may be caused by without limitation the negligence of all or any of the Released Parties. To further acknowledge that there are risks inherent in the activities to be undertaken in the Event and that my participation could result in physical injury. I further acknowledge, however, that I am in the proper physical condition to participate in the Event.

Signature: _____

Date: _____

Register Online
www.upsdowns.org

PLEASE MAIL YOUR ENTRY PRIOR TO RACE DAY:

Ups and Downs
P.O. Box 61180
Kensington RPO,
Calgary, AB
T2N 4S6

Charitable Registation #
136121910RR001

Ups and Downs—Calgary Down Syndrome Association estimates that it will raise a total of $39,000 from Street Meet 2011. Furthermore, Ups and Downs estimates it will raise $80,000 in gross proceeds from all fundraising activities for the year, with an estimated $28,500 in associated costs. Ups and Downs is incorporated in the province of Alberta. For further information about our fundraising activities please contact our Executive Director, Amber Boyd at 403-289-4394.

Street Meet 2011

Ups & Downs
Calgary Down Syndrome Association

10K Run & 3K Walk

SATURDAY, JUNE 18th
FISH CREEK PARK

Register online at: www.upsdowns.org

STREET MEET 2011

It's that time of year again! So get ready to get the sneakers out of the closet and start stretching those muscles. Street Meet 2011 is going to be bigger than ever before. Don't forget the sunscreen and hats!

Fish Creek Park is the place to be on Saturday, June 18th. There will be food, fun and games for the whole family. Oh, and of course all the great prizes!

PLEDGE INCENTIVE PRIZES
Be sure to see our pledge incentive sheet for more details. There are also special prizes for the top individual and team pledge collectors.

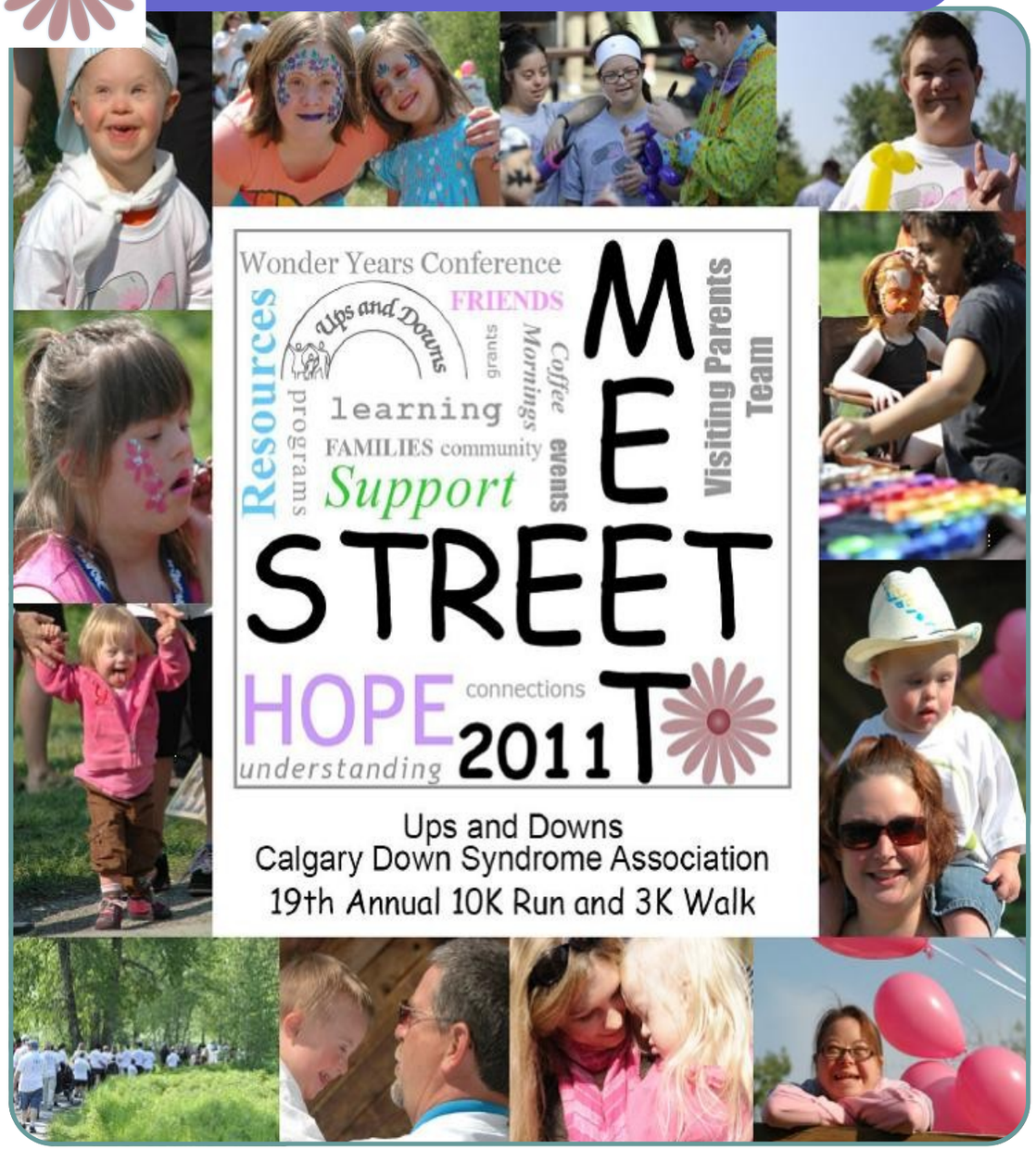
10K RACE PRIZES
Great prizes for our 1st, 2nd and 3rd place runners!

WHERE THE MONEY GOES
The money raised from Street Meet 2011 helps to fund a variety of projects. Some of the projects include: outreach services for new parents, community education and advocacy programs.

DIRECTIONS TO EVENT SITE
Fish Creek Park—Glennfield Site, Area B
Exit Macleod Trail on Bannister Road
(Near the Green Gate Garden Centre)

Ups & Downs—Supporting individuals with Down syndrome and their families.

Collect pledges online at www.upsdowns.org



EVENT INFORMATION

Street Meet is a 10K fun run and 3K walk that welcomes runners, walkers, strollers, baby joggers, wheelchairs and children on bikes. Post Race Activities include: BBQ, games and great raffle prizes.

THE AGENDA FOR THE DAY

9:00am	Registration
10:00am	10K Run Starts
10:15am	3K Walk Starts
11:00am	Post Race Activities

ENTRY FEE INCLUDES

- A commemorative T-shirt
- Race day package for runners
- Refreshments, food and entertainment
- Valuable incentive prizes for pledges

GRAND PRIZE RAFFLE

1 Night stay for 2 at the

Banff Springs Hotel & breakfast for 2

Fairmont
HOTELS & RESORTS

EVENT ENTRY FORM

Cost to Participate

Early Bird Pricing (Before June 1st)		Regular Pricing (After June 1st)	
__ Runners (individual)	$35	__ Runners (individual)	$40
__ Walkers (individual)	$10	__ Walkers (individual)	$15
__ Walkers (family)	$35	__ Walkers (family)	$40

T-shirt Size (Indicate Quantity)

All entries received prior to June 1st will be guaranteed the availability of their shirt size for FREE. (Missed the June 1st deadline? You can still guarantee the availability of your shirt size for $3/shirt.)

Please note: Maximum shirts per family entry is 5. Additional shirts may be purchased for $10.00 each.

__ XXL (Adult)	__ L (Kids, 14-16)
__ XL (Adult)	__ M (Kids, 10-13)
__ L (Adult)	__ S (Kids, 6-9)
__ M (Adult)	__ XS (Kids, 2-5)
__ S (Adult)	

Cost to Participate _____

(Guarantee or Additional) T-shirts _____

Total: _____

Participants

First Name of All Participant(s) _____

Additional Participant(s) Names _____

Last Name of Participant(s) _____

Address _____

City, Province, Postal Code _____

Email Address _____

Phone _____

Method of Payment

☐ Cheque

☐ Visa or MasterCard

Name on Card _____ Exp. date _____

Signature _____