

WAIVER CLAUSE

I, the undersigned, to my knowledge have no health impairment which might interfere with or preclude my participation in the above described activity. Accordingly, with respect of such participation, I hereby waive any and all claims for injury, loss or damage which may arise from any physical defect, infirmity capacity known to me insofar as XEROX Canada Ltd., Running Room, CNIB and Sportstat, its employees or agents may be found liable or responsible for any injury or loss sustained by me or my ward.

Signature of participant:
(or parent / guardian)

Date:

IMPORTANT: Runners under age 18 must have form signed by parent or guardian.

Paid by: Cash Cheque Date of cheque: _____

Cheque written by: _____

Or, register on-line at www.runningroom.com

OFFICIAL USE ONLY

Date received: _____

Race #: _____

Team #: _____

REGISTRATION:

3K and 10K Race open to all - Maximum 500 runners

Mail or deliver your entry form to:

Xerox Canada Ltd.

333 Preston Street, 10th Floor

Ottawa, ON K1S 5N4

All **Running Room** locations

or register on-line at: www.runningroom.com

Race Kits can be picked up at 901 Bank Street

Aug.20, 4pm to 6pm

or at the race site prior to the race

RESULTS will be posted on the internet on August

22, 2007 at www.sportstats.on.ca.

AWARD DIVISIONS:

Gender: Male & Female

Age groups: 3K- 15 & under

10K- 19 & under; 20-29; 30-39; 40-49; 50 plus

FEES: All entry fees include a T-shirt

\$15.00 for kids 15 & under running the 3K loop

\$25.00 by August 17, 2007

\$30.00 Late registration August 18 - 21, 2007

\$30.00 Race Day, August 21, 2007

At registration desk at the Arboretum
from 4:00 - 6:15 p.m.

On-line at www.runningroom.com

Please make cheques payable to: XEROX 10K

FUNDRAISING:

We encourage all participants to raise pledges for
CNIB (Canadian National Institute for the Blind).

PLEDGE DRAW:

Every person collecting \$50 or more in pledges will
be entered into a draw for a prize. The winner will be
announced at the closing ceremonies.

If you would like to donate an additional item for the
pledge draw, please contact Lorraine Williams at
(613) 783-5834 or Lorraine.Williams@xerox.com

XEROX®

**For more information, please call
the 10K Hotline at 613-783-5872.**

SPONSORS

XEROX®



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26 Years of community involvement

2007

August 21, 2007

6:30pm

Experimental Farm

Arboretum

Ottawa, Ontario

For race information in large
print or braille, please call
613-563-4021 ext 5030
www.runningroom.com



RAISE PLEDGES FOR CNIB AND HELP PEOPLE LIVING WITH VISION LOSS THRIVE IN A SIGHTED WORLD

Founded in 1918, CNIB is Canada's principal vision health and services organization. CNIB operates nationwide and is a community-based, registered charity committed to research, public education and the vision health of all Canadians. CNIB provides the services and support necessary for people with vision loss to enjoy a good quality of life.

According to Statistics Canada, there are more than 600,000 Canadians living with a vision problem that cannot be corrected using ordinary lenses. In the Ottawa region, this translates into over 15,000 people.

Through CNIB, Canadians have access to rehabilitation counselling and training, innovative consumer products, peer support and one of the world's largest libraries for people with print disabilities.

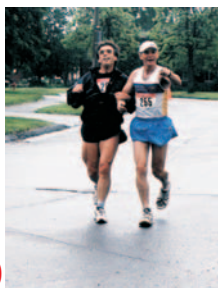
CNIB has been making a profound difference in the lives of Canadians with vision loss for over 85 years. With your help and support of the Xerox 10k, we are confident we will be here to help hundreds of thousands more Canadians with vision loss issues as our population ages.

Thank you for supporting CNIB!

Vision health. Vision hope.
Visit us at www.cnib.ca

CNIB
135-1101 Prince of Wales Drive
Ottawa, ON K2C 3W7
T: (613) 563-4021 F: (613) 563-1898

For race information in large print or braille, please call 613-563-4021 x5030



First Name _____
 Last Name _____
 Address _____
 City _____ Postal/Zip Code _____
 Tel (____) _____ Office (____) _____
 E-mail _____

Note to Contributors

- ❖ The pledge collector is responsible for all pledge collections.
- ❖ Charitable receipts are automatically provided for pledges of \$10 or more.
- ❖ Cheques should be made to: CNIB.

I am participating in the 3.3km event 10km event

PLEDGES must be collected in advance and turned in at the event prior to the race.

Thank you for your support!

PLEASE PRINT CLEARLY.

NAME	ADDRESS	CITY	POSTAL	TEL.	PLEDGE

REGISTRATION:

Complete the reverse side of this form to complete your registration.

Mail or deliver your entry form to:

XEROX Canada Ltd.
 333 Preston Street, 10th Floor
 Ottawa, Ontario K1S 5N4

OR All Running Room locations

NAME _____ Age on August 21th, 2007 _____ Gender Male Female
 ADDRESS _____ APT # _____
 CITY _____ PROVINCE _____ POSTAL CODE _____
 PHONE # Home _____ Office _____ E-Mail _____
 I am a visually impaired runner. I have a guide for the event.
 I am a beginner practiced expert runner. Name of guide _____
 I require a guide for: 1) Race 2) Training prior to the race
 I am a guide for a visually impaired runner. Name of runner: _____