



Meet John Stanton

Founder of the Running Room and author of four best selling books on running:

- *Running Start to Finish*
- *The Runner's Lifestyle Log.*
- *Running Room's Book on Running*
- *Running Room's Training Log*

Free Practice Times

Wednesdays at 7:00 p.m.

and

Sundays at 8:30 a.m.

Runners and Walkers
from beginners to advanced
are welcome

Aurora Running Room

Unit 1, First Commerce Drive
Aurora, Ontario - L4G 0G2

Telephone 905.726.1600
Email aurora@runningroom.com



Register online at www.runningroom.com



We're Coming to **Aurora**



REBECCA'S

Bunny Hop for SMA

2.5 K & 5K Walk/Run

Rebecca's Bunny Hop will be a fun and meaningful pre-Easter event for the whole family.

Wednesday March 19 at 7:00 p.m.

To make a donation to Families of SMA Canada
go to www.giving.runningroom.com
Follow the links to meet Rebecca in her video



Register on-line @ www.runningroom.com



Rebecca was diagnosed with Spinal Muscular Atrophy (SMA) just seven short years ago. There was no cure, no treatment and no hope. 50% of

children diagnosed before the age of two die before their 2nd birthday. With each passing day, Rebecca would be painfully robbed of her ability to crawl, hold her head up, swallow and breathe. In June 2007 researchers announced a breakthrough - a treatment for SMA could be within their grasp!



***It is a race against time
to find a cure!***

Wednesday March 19th, 2008 - 7:00 p.m.

A brief ribbon cutting ceremony will be immediately followed by the Run/Walk for the Families of SMA Canada.

Distances: 2.5 / 5K

Entry Fee: \$10

Location: Aurora Running Room / Walking Room

Unit 1, 25 First Commerce Drive

Aurora, Ontario - L4G 0G2

aurora@runningroom.com

- Prize draws for Easter Costumes and Best Baskets.
- There will be free face painting for the kids (and kids at heart)
- Every entrant receives a medal as a souvenir of the fight to end SMA.
- Suitable for people of all ages, abilities and fitness levels.
- Dress to walk or run comfortably outside.
- Running Room Pace Bunnies will be out on the course.
- Food, cake and refreshments will follow.
- Like Rebecca Run for SMA, 100% of the entry fee at Rebecca's Bunny Hop will be donated to Families of SMA Canada, a volunteer based charity that allots more than 95% of their donations to research.
- For more information about SMA and Families of SMA Canada please go to www.CureSMA.ca.

Register on-line at www.runningroom.com



NAME: _____

ADDRESS: _____

CITY: _____ PROV: _____ PC: _____

E-MAIL ADDRESS: _____

PHONE(H): _____

DOB (yy/mm/dd): _____

Sex: M ☐ F ☐ Age on Race Day _____

REGISTRATION FEES (100% of the registration fee goes to find a cure for SMA)

2.5K (# 7320) _____ 5K (#7321) _____ \$10.00

Method of Payment: Cash _____ Cheque _____ **Make cheque payable to Running Room Sports Inc.**

NOTE: NON-TRANSFERABLE AND NO REFUNDS.

WAIVER

I know that participating in physical fitness events is a potentially hazardous activity. I agree not to participate unless I am medically able and properly prepared. I should not participate without my physician's approval. I agree to abide by any decision of an event official concerning my ability to safely participate. I assume any and all risks associated with the event; including but not limited to, falls, contact with other persons or objects, the effects of weather, traffic and course conditions. As a condition of my entering this event, I, for myself, any accompanying minors, and anyone entitled to act on my behalf, waive and release Running Room Sports Inc., any associated or related entities, their directors, officers, employees, agents, representatives, sponsors, volunteers, and organizers (herein collectively called "Event Organizers"), from present and future claims and all liabilities of any kind, known or unknown, arising out of my participation in this event or related activities, even though such claim or liability may arise out of negligence or fault on the part of the Event Organizers. I agree that the Event Organizers shall not be liable for any personal injury, death or property loss, and I release the Event Organizers and waive all claims with respect thereto. In the event my registration fees are paid, I agree to be bound by the provisions of this waiver. I grant permission to Event Organizers to use or authorize others to use any photographs, motion pictures, or any other record of my participation in this event or related activities without remuneration. Applications for minors shall be accepted only with a parents signature and should be signed by the minor.

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

Signature _____

(Parent/Guardian Signature if Entrant under 18)

Date: _____

Privacy Policy

Running Room Canada Inc. is committed to respecting the personal privacy of our customers. All personal information held or collected by Running Room Canada Inc. is protected. If you have any questions about protection of your personal information, please contact us at: mailprivacy@runningroom.com or by postal mail to Running Room Canada Inc. 9750 - 47 Avenue, Edmonton, Alberta, Canada - T6E 5P3. To view our privacy policy visit our web site: www.runningroom.com