

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.

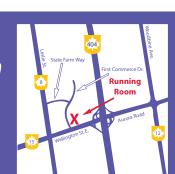
> **Runners and Walkers** from beginners to advanced are welcome

Aurora **Running Room**

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

Telephone 905.726.1600 Email aurora@runningroom.com





Running & WALKING We're Coming to Aurora



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

Register online at www.runningroom.com



nebecca 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.



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| REGISTRATION FE | ES (100% of the registration | on fee goes to find a cure for SMA) |
| . , | | e cheque payable to Running Room Sports Inc. |
| participate unless I am physician's approval. I a participate. I assume at tact with other persons of my entering this eve behalf, waive and relea officers, employees, agcalled "Event Organize unknown, arising out or liability may arise ou Event Organizers and vI agree to be bound by authorize others to use this event or related ac with a parents signatur I have read this Waiver. | medically able and properly prepigree to abide by any decision of ny and all risks associated with the or objects, the effects of weathent, I, for myself, any accompanying see Running Room Sports Inc., any ents, representatives, sponsors, wrs"), from present and future claif my participation in this event out of negligence or fault on the protein be liable for any personal injusive all claims with respect ther the provisions of this waiver. I geany photographs, motion pictuitivities without remuneration. Are and should be signed by the medical control of the seed | rms. |
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Register on-line at www.runningroom.com