

Race Details:

The race will take place on the Welland Canal path in St. Catharines, Ontario on **Saturday April 5, 2008**, 5Km starting at 9am, the 10km starting at 10am. Both start at Lock 3.

Each participant will choose whether they will run for the 5km race or the 10km race.

The pricing structure is as follows:

The early bird price is:

Student - \$20*
General - \$40

If registering the day of the race the price will increase to:

Student - \$25*
General - \$45

Personal Cheques or Cash are the only accepted forms of payment. Please make cheques out to "Brendan Ford Run for Success".

The first 325 participants that sign up will receive a T-shirt. All participants will receive a post race snack.

*Note: Valid Student ID will be required for discount.

Background:

On January 24, 2006 Brendan "Zack" Daniel Ford at the age of 20, died from cardiac arrest. The Brendan Ford Memorial scholarship is named after Brendan who attended York University.

Brendan had a passion for education and his goal was to become a teacher. He was also very active in social causes including Engineers Without Borders and the End Poverty Now campaign.

The scholarship is designed to remember Brendan by supporting his commitment to education and social justice.

A scholarship will be awarded each year to a student who is in financial need and has demonstrated a commitment to social justice through their volunteer work in the community.

While the scholarship will be limited to a small number of persons, financial support will not be the only resource available to students. Through a mentorship program, volunteers who have the appropriate knowledge and education will be matched with first year students taking similar studies. The goal is to support first year students in making the transition from high school to post secondary education.

75% of funds raised from this race will go towards the Brendan Ford Memorial Scholarship program and the other 25% will go towards the Heart & Stroke Foundation.



Prizes:

Medals will be awarded to first place finishers in their category

There will be a prize to those who recruit the most amount of race participants

Prizes will also go to the top 10 people who raise the most amounts of donations by the start of the race

Race Contact:

runforsuccess@hotmail.com

www.runforsuccess.ca

(905) 324-2572

Mail Registrations to:

Run For Success
326 Glenridge Ave. apt#1
St. Catharines, Ontario
L2T 3K7

OR DROP OFF AT THE WELCOME
DESK IN BROCK UNIVERSITY'S
WALKER COMPLEX

Registration Form:

First Name _____

Last Name _____

Gender: Male ☐ Female ☐

Age on race day _____

Address _____

City _____

Province _____

Postal Code _____

Phone Number _____

Email Address _____

How did you hear about this race?

☐ Poster

☐ Internet

☐ Newspaper

☐ Radio

☐ Television

☐ Friend/Family (name: _____)

Race Participating in:

☐ 5Km

☐ 10Km

Shirt Size

☐ Large

☐ Extra Large

☐ No Shirt

Expected Finishing Time:

____ : ____ : ____

Waiver Form:

RACE WAIVER: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this race, including, but not limited to, falls, contact with other participants, the effects of the weather including high heat and humidity, traffic, and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone for whom I am entitled to act, waive, release, and will hold harmless the race organizer, all other sponsors, and all the agents, employees, officers, directors and volunteers working for those entities from all claims and liabilities of any kind arising out of or related to my participation in this race. I understand that baby joggers or strollers, and dogs are not allowed in this event unless explicitly authorized by the race organizer.

Signature _____

Date: _____ 2008

