Bereaved Families of Ontario - SW Region was formed in 1984 by a group of bereaved parents and individuals to share their insights and experiences with other grieving families and lend support to them as they restore a balance to their lives following the death of a child.

As an organization we cannot combat the fact that children die. However, we can provide the crucial out reach and emotional support that families need to live through, and eventually overcome, the challenges of their profound grief. We offer a wide range of programs and services to bereaved parents, bereaved brothers, sisters and children who have experienced the death of a parent.

"We are the bereaved helping the bereaved learn to live with grief. When a child or parent dies, we can help the healing begin."

RACE START: John St. west of Richmond behind the Ceeps Bar-
Kiddy Trot at 7:00 pm 5K run & walk at 7:15 pm

COURSE: Scenic out-and-back loop along Thames River Path System starting and finishing at the Ceeps.

ENTRIES:	**5K**	**by 07/23/03**	**after 07/23/03**
Pre-entry		$20.00	$25.00
Family Rates (registration forms must be received together)			
Parent & child		$35.00	$45.00
Family (3 or more)		$50.00	$60.00
Team or School		Please call Hotline at (519) 672-5105 for details	

FREE to anyone handing in $100 in Pledges by race day.
Kiddy Trot $2.00, no late fee.

Send or drop off entries to:
RUNNERS' CHOICE, 207 DUNDAS ST., LONDON, ON N6A 1G4
(519) 672-5105 or visit our website at www.runnerschoice.on.ca for on-line registration. Online registration provided by active.com

LATE REGISTRATION & RACE KIT PICK-UP:
Thursday, July 24th - Late registration and race kit pick-up
4:00 pm to 8:00 pm at RUNNERS' CHOICE.
Friday, July 25th - 5:30 pm to race start at the Ceeps.

On Thursday July 24th, Canadian women's marathon record holder and Olympian, Silvia Ruegger will be giving an inspirational talk at 7:00 pm. She will speak in the auditorium at the ARTS PROJECT, 203 Dundas (next door to Runners' Choice). Silvia will also participate in the 5K the next day. COME SEE and RUN with SILVIA!

FREE STUFF: The first 200 entries will receive a souvenir COOLTEX running top supplied by BROOKS. The next 100 will receive a cotton t-shirt. Plus everyone will receive a Dairy Queen treat and a refreshment ticket for the Ceeps.

AWARDS 5K only
Open Female and Male
• 1st $200 • 2nd $150 • 3rd $100
Masters (40 +) Female and Male
• 1st $100 • 2nd $50 • 3rd $25

BROOKS merchandise awarded to top 3 in all categories.
All participants are eligible for DRAW PRIZES. You must be present to win! There will be NO DUPLICATION OF AWARDS!!! Awards will be available at RUNNERS' CHOICE until August 24th, after which, all unclaimed prizes will be recycled.

AGE CATEGORIES: 5K
Age on Race Day (July 25th)

14 and under	15 to 19	20 to 24	25 to 29
30 to 34	35 to 39	40 to 44	45 to 49
50 to 54	55 to 59	60 to 69	70 and over

FACILITIES: Washrooms will be available at the Ceeps. NO SHOWERS will be available.

REFRESHMENTS: Light refreshments will be provided after the race.
"Massage therapy provided by D'Arcy Lane Outreach Program"

DIRECTIONS: From the 401 take Wellington Rd. North approx. 10K, turn left on Queens Ave., right on Richmond, north 1K to Mill St. Parking lots close by.

FOR MORE DETAILS, CHECK US OUT AT
www.runnerschoice.on.ca

BEREAVED HELPING THE BEREAVED
LEARN TO LIVE WITH GRIEF.
WHEN A CHILD DIES, WE CAN HELP THE HEALING BEGIN.

PLEDGES INCENTIVES: Please help the Bereaved Families do more by collecting pledges and handing them in on race day. The top 3 pledge collectors will be given excellent prizes donated by our generous sponsors.

Pledge Form

INSTRUCTIONS...In order to be eligible for great prizes, please complete your pledge form and collect your money and bring both to the "pledge desk" by 7:00 pm. on race day.

#	
Name of Runner/Walker	
Address	
Postal Code	Phone

Sponsor's Name (PLEASE RPINT)	Sponsor's Address	Phone	Amount Pledged	Do you want a receipt?

Please make pledge and donation cheques payable to Bereaved Families of Ontario.
Receipts for income tax purposes are issued for pledges of $10 or more.

Total Pledged _____ **Amount Remmitted** _____

Entry Form

$20.00 before 07/23/03
$5.00 late fee after 07/23/03
FREE to anyone handing in $100.00 in pledges.

Make entry fee cheque payable to: Runners' Choice Promotions, 207 Dundas St., London, Ontario N6A 1G4
DON'T FORGET PLEDGES!
www.runnerschoice.on.ca

SURNAME | FIRST NAME

ADDRESS (INCLUDE APT. #, R.R. #)

CITY / TOWN | PROVINCE / STATE | POSTAL CODE / ZIP

AREA CODE TELEPHONE

Age on Race Day _____ Date of Birth _____ (YY/MM/DD)

Male / Female — I would like to support Bereaved Families of Ontario with a Donation. Donation: $ _____

5K Run & Walk / Kiddy Trot — (Tax receipts issued for donations over $10.00). Entry Fee: $ _____ **TOTAL** $ _____

WAIVER: In consideration of my being permitted to participate as an entrant or competitor in this event, I myself, my heirs, executor, administrators, successors and assigns do hereby remise, release and forever discharge, waive and save harmless, protect and keep indemnified the OTFA/AORR, all sponsors, organizers, the City of London, any and all clubs, associations, sanctioning bodies and sponsoring companies, participants, competitors, entrants volunteers and all of their respective agents, officials, servants and representatives from and against any and all kinds of actions, claims, costs and expenses and demands in respect of death, injury, loss or damage to my person or property howsoever caused arising out of my being permitted to attend at or in any way take part prior to, during or subsequent to this event whether as a spectator, participant, competitor entrant or otherwise and notwithstanding that the same may have been contributed to or occasioned by the negligence of any of the aforesaid, their agents, officials, servants or representatives. I hereby grant to the OTFA/AORR and its sponsors, and their authorized representatives the irrevocable right to use in any way it or they see fit, for the purposes of publicizing, advertising and trade, without restriction, my name and/or voice and/or physical appearance and face and/or comments concerning the event. By submitting this entry I acknowledge having read, understood and agreed to the above waiver, release and indemnification.

SIGNATURE (Parent or Guardian if under 18) _____

How did you hear about the event _____ Date _____