

## Help Us Reach Our \$200,000 Construction Campaign Goal!

We **believe** in the expansion of **WELLSPRING Birmingham Gilgan House's Groundbreaking Cancer Exercise Program** because research indicates that exercise has significant benefits for people coping with cancer.

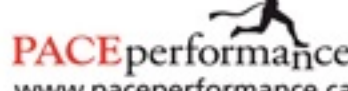
We hope to **inspire** everyone... to make exercise part of their daily life and challenge themselves to make a difference in the lives of others.

We shall **persevere** to raise \$200,000 in support of a **New Exercise Facility for WELLSPRING Birmingham Gilgan House!**

For more information on **WELLSPRING**, it's programs, and the **IRONDames' Construction Campaign** visit [www.wellspring.ca](http://www.wellspring.ca) and [www.irondames.ca](http://www.irondames.ca).

### The IRONDames THANK OUR SPONSORS. Please support their business.

#### Event Sponsors



#### Journey Sponsors



PRINTING: Eagle Press, Burlington 905-333-5477



PRESENTS

The 4th Annual

# IRON Dames

## 1 & 5k Walk / Run

## Sunday May 12

Register Before  
May 1, 2013!  
**ONLY \$20**  
Race Cap is 600



IN SUPPORT OF

## WELLSPRING

Birmingham Gilgan House's New Cancer Exercise Facility

### Celebrate Moms!

And, step up for someone living with cancer.

[www.irondames.ca](http://www.irondames.ca)

Believe. Inspire. Persevere. Building Strength.

## YOU can make a difference to someone fighting or recovering from cancer!

### RACE INFORMATION

**Date:** Sunday, May 12th 2013

**Start and Finish:** Newworld Cycle & Runners  
560 Plains Road EAST, Burlington, Ontario

**9:00 am:** 1 K Walk / Run (Runners at Front)

**9:15 am:** 5 K Walk / Run (Runners at Front)

**9:40 am-11:30 am:** Refreshments, Mother's Day Market and Prizes

**Entry Fee Before May 1, 2013:** Only **\$20** per participant

Entry Fee On May 1, 2013 and After: \$25 per participant

Children 7 – years or under: no charge but registration required.

All registrations made on May 1, 2013 and after subject to \$5.00 Late Fee.

Cheques to be made payable to **"The IRONDames"**.

No post-dated cheques please. Cash only on race day.

Sorry no refunds for any reason. **PLEASE DO NOT BRING YOUR PETS.**

### How to Register – 3 Easy Ways

**1. ON-LINE: It's Easy. Sign up today!**

Go to [www.irondames.ca](http://www.irondames.ca)

Click on **Lace up for LOVE Registration and Fundraising Button**

On-line registration closes Friday, May 10th at 5 pm

**2. IN PERSON:** at Newworld Cycle & Runners

560 Plains Road EAST, Burlington, Ontario L7T 2E3

**3. BY MAIL:** Fill in and sign the Registration Form and waiver.

**Mail to: IRONDames Lace up for LOVE Registration**

1327 Greeneagle Drive

Oakville, Ontario

L6M 2N1

**ON RACE DAY – if not sold out**

Register: 8:00 am – 8:45 am Newworld Cycle & Runners

**First 75 children and 75 adults registered** in the event will receive

an **e-load** Water Bottle with their race kit.

### Race Packet Pick Up:

**Saturday, May 11th 11 am to 4:00 pm**

Newworld Cycle & Runners

560 Plains Road EAST, Burlington, Ontario

### Lace up a little extra LOVE - FUNDRAISE

Walk or Run as an individual or team in honor of your Mother! Your fundraising efforts can provide the opportunity for someone's mother, father, sister or brother to **build strength** by enrolling in **WELLSPRING's groundbreaking Cancer Exercise Program**.

Join our **ID Construction Crew!** Fundraise as an Individual or Team by registering On-Line at [www.irondames.ca](http://www.irondames.ca)

**IT'S EASY TO BE UP AND RUNNING!**

### CONSTRUCT YOUR OWN FUNDRAISING WEBPAGE

Challenge everyone you know to make a difference! They can pledge donations to **WELLSPRING Birmingham Gilgan House's New Cancer Exercise Facility** on your page!

**WELLSPRING** will issue tax receipts directly to your sponsors for **donations of \$20 and over** that meet Canada Revenue Agency guidelines.



&



are serving up a

**CHALLENGE with a tasty REWARD!**

**Raise \$150.00 or more** as a participant and receive a **Canyon Creek or Jack Astor's Gift Card (\$25.00 Value)**

**Raise \$300.00 or more** as a participant and receive a **Canyon Creek or Jack Astor's Gift Card (\$50.00 Value)**



Race routes streets must be kept clear of all entrants' parked vehicles for the race to proceed and for emergency access. Parking is available at Aldershot Arena off Townsend Avenue just one block west of Kingsway Drive. There is **3 hour maximum parking** allowed on other none race route area streets that do not have signed parking restrictions on them.

Gifts for every Mother • Prizes for the top 3 Fundraising Teams/Fundraisers! • Kids Finishing Awards  
Face Painting • Refreshments • Mother's Day Market • Draw Prizes

### Race Registration Form

**One race registration form and waiver is required for every participant. Please read and sign waiver on the reverse of this form.** 7-years and under are free, but required to complete race form and waiver. For additional entries, copy both sides of this form.

I am participating in:

1K Walk  1K Run  5K Walk  5K Run

Race Fee Paid Before May 1, 2013 = \$20  7-years or younger FREE

Race Fee Paid On May 1, 2013 and after = \$25

**NOTE: Race entry cheque payable to: The IRONDames.**

I can't participate, but would like to make a donation to support **Lace up for LOVE** and **WELLSPRING Birmingham Gilgan House's New Cancer Exercise Facility**. For tax receipts (\$20 donation & over) please include name and address.

Donation Amount: \$ \_\_\_\_\_

**NOTE: Donation Cheque Payable to:**

**Wellspring Cancer Support Foundation**

**or donate at [www.irondames.ca](http://www.irondames.ca)**

**Please PRINT**

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Male  Female  YES! I am a Mother

Age on Race Day: \_\_\_\_\_ Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_

Year/Month/Day

Method of Payment (Check one):

Visa  MasterCard  AMEX  Cheque

Card Holder Name: \_\_\_\_\_

Card #: \_\_\_\_\_

Expiry Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Signature: \_\_\_\_\_

Please mail registration and/or donation payment to:

**IRONDames Lace up for LOVE Registration**

1327 Greeneagle Drive, Oakville, ON L6M 2N1

### SIGN AS PART OF ENTRY: Release from Liability, Assumption of Risk, Covenant not to Sue and Indemnity Agreement

In consideration for allowing you to participate in or observe the Lace up for LOVE IRONDames' 1 & 5 K Walk / Run (the "Event") and for other good and valuable consideration the receipt of which is hereby acknowledged, I, for myself, my personal representatives, heirs, executors, administrators, and next of kin do hereby to the fullest extent permitted by applicable law:

**1.** Release, waive and forever discharge the Lace up for LOVE IRONDames' 1 & 5 K Walk / Run Committee 2013 and the race directors, the IRONDames, Newworld Cycle & Runners, Sharon Carolan, Sales Representative Royal LePage Burloak Real Estate Services, Brokerage, RFB Construction, AGRO Produce Ltd., blueballoon Health Services, Eneritech Mechanical Corp., FirstOntario Credit Union, 1186100 Ontario Inc., KAS Group of Companies Inc., Lakeland Tailored Landscapes, PacePerformance, The Oyster, The StressCrete Group, the City of Burlington and all other associations, sanctioning bodies and sponsoring companies, and all their respective agents, officials, affiliates, servants, contractors, representatives, successors and assignees and Wellspring Cancer Support Foundation and all its members, directors, officers, employees, servants, agents and representatives, and all other organizations, sponsors, representatives, their agents (the "Released Parties") from any and all liability to me, my personal representatives, assignees, heirs, executors, administrators and next of kin for all losses or damages and all related claims, on account of injury to me (including death) or my property related to or in any way connected with my being permitted to participate in the Event, whether as a spectator or participant whether caused by the Released Parties or otherwise.

**2.** Acknowledge that I am physically fit to participate in the Event, and that any equipment I use is technically fit and suitable for its intended use in regard to the Event.

**3.** Acknowledge that my participation in the Event may involve a risk of injury and even death, and that I am voluntarily participating in the Event with knowledge of the dangers involved.

**4.** Agree to expressly assume and accept any and all risks of injuries sustained (including death) as a result of my participation in the Event.

**5.** Declare myself to be physically able and suffering from no condition, impairment, disease, infirmity, or other illness that would prevent my participation in the Event.

**6.** Covenant and agree not to commence or maintain an action against one or more of the Released Parties for injuries sustained (including death) or damages incurred and agree to indemnify, save, and hold harmless the Released Parties from and against any and all loss, liability, injuries sustained (including death), damage or cost incurred which may arise or relate in any way to your participation or observation of the Event.

**7.** If any portion of this Release from Liability, Assumption of Risk, Covenant not to Sue and Indemnity Agreement is held invalid or otherwise unenforceable as a matter of law, agree that the remaining terms, shall, notwithstanding, continue in full legal force and effect.

**8.** I hereby grant full permission to any and all of the foregoing to use any photography, videotapes, motion pictures, recordings or any other record of this Event for promotional purposes. I also consent to the use of the personal information contained in this entry form for the purpose of soliciting my participation in future Lace up for LOVE IRONDames' 1 & 5 K Walk / Runs.

I have read this Release from Liability, Assumption of Risk, Covenant not to Sue and Indemnity Agreement and I fully understand its terms and have signed below freely and voluntarily without any inducement, assurance or guarantee being made to me.

Signature of Parent or Guardian (if participant is under 18)

Print NAME \_\_\_\_\_ Date \_\_\_\_\_

Signature of Participant (over 18)

Print NAME \_\_\_\_\_ Date \_\_\_\_\_