

Gear Up With A Lace up for LOVE Walk/Run Clinic!

Sign up for a 6 week instructor led Walk/Run Clinic at Newworld Runners for ONLY \$59.00!

Date: Thursday Evening starting April 2, 2015 and ending May 7, 2015

Time & Place: 6:00 PM - 7:00 PM, Newworld Runners, 560 Plains Road E., Burlington, ON

Clinic Package includes:

- Lace up for LOVE Race Registration
- Zoot Race Belt courtesy of Newworld Cycle & Runners
- Nutrition Talk
- Ticket for Lace up for LOVE Draw

For more information on **WELLSPRING**, it's programs, the **IRONdames** and **Newworld Runners Walk/Run Clinics** visit www.irondames.ca

The IRONdames THANK OUR SPONSORS.

Please support their business.

Title Sponsors

"You can always count on us!"

LEGGAT
AUTO GROUP | LAG.CA



Event Sponsors



IRON Dames

PRESENTS
The 6th Annual
1&5k
Walk/Run

Sunday May 10

Register Before
April 1, 2015!
ONLY \$20
Race Cap is 700



In Support of



Birmingham Gilgan House
Cancer Exercise Program

Celebrate Moms!

And, step up for someone living
with cancer.

www.irondames.ca

Believe. Inspire. Persevere. Building Strength.

PRINTING: Eagle Press, Burlington 905-333-5477

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 7yrs & younger FREE
- Walk/Run Clinic (Includes Race Fee) = \$59
- Race Fee Paid Before April 1, 2015 = \$20
- Race Fee Paid On April 1, 2015 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 Cancer Exercise Program** 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

Please PRINT

First Name: _____

Last Name: _____

Address: _____

City: _____

Province: _____ Postal Code: _____

Telephone: _____

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

2132 Buckingham Court, Burlington, ON L7P 1P5

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 2015 and the race directors, the IRONDames, Leggat Chevrolet Cadillac Buick GMC Ltd, Michael O'Sullivan, Sales Representative, Royal LePage Burloak Real Estate Services, Independently Owned & Operated Brokerage, Neworld Cycle & Runners, RFB Construction, Joelle's, Jeff's Guyshop, KAS Group of Companies Inc., Lakeland Tailored Landscapes, MNP LLP, Paceperformance, Scrivener's, The Burlington Post, SIR Corp., Mabel's Labels Inc., 1884223 Ontario Limited, 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

Face Painting • Refreshments • Mother's Day Market • Draw Prizes

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

RACE INFORMATION

Date: Sunday, May 10th 2015

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 April 1, 2015: Only **\$20** per participant

Entry Fee On April 1, 2015 and After: \$25 per participant

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

All registrations made on April 1, 2015 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

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

On-line registration closes Friday, May 8th 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

2132 Buckingham Court, Burlington, ON L7P 1P5

4. ON RACE DAY – if not sold out

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

First 100 children registered in the event will receive sticky labels with their race kit.



First 100 adults registered in the event will receive an

Orangetheory waterbottle & 60 min. workout pass.

Race Packet Pick Up:

Saturday, May 9th 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.**

Fundraise as an Individual or Team by registering On-Line at 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 Cancer Exercise Program** on your page!

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



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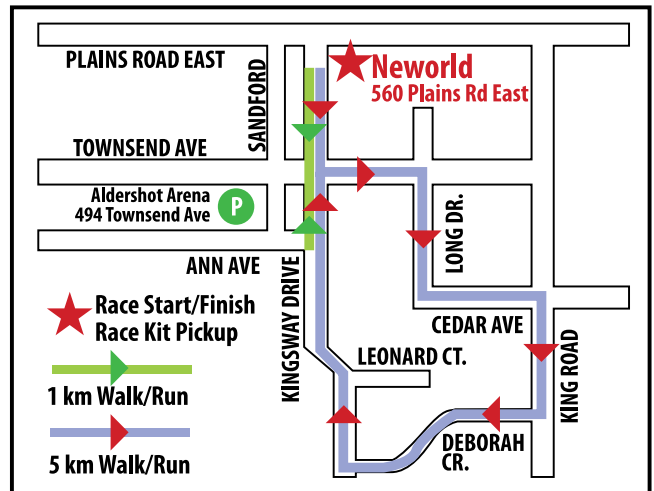


are serving up a

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.

Lace up for LOVE Custom BUFF® for every Mother • Prizes for the top 3 Fundraising Teams/Fundraisers • Spirit Award • Finishing Awards