

WELCOME

Run in Remembrance.

Join hundreds in an unforgettable 'Run to Remember'.

It is our hope that every community across Canada will one day host and participate in a REMEMBERrun. Help create a legacy. Participate in the 3rd annual



It is our objective to organize a fun, safe and healthy athletic event for the citizens of Waterloo Region and beyond, while maintaining a community responsibility to local charitable organizations and their causes. All pledges will be donated to **The Preston Legion Poppy Fund**. With your entry you will help us reach our objective.

Show that you will not forget. Show that we will not forget. Show that we will remember. Show that we will keep the memory alive. Join your friends and fellow runners and participate in the 3rd Annual REMEMBERrun.

RACE START

Gathering at the start line at 10:00 a.m., the run will start at 10:02 a.m. following a 2 minute silence and performance of remembrance music.

The start line is at The Royal Canadian Legion, Branch 126, 334 Westminster Drive N., Cambridge (Preston), Ontario.

ENTRY FEES

8 KM - \$35, 5KM - \$35, 2.5 KM - \$25

Entry fees are non-refundable and non-transferable.

Special School Rate for groups of 10 or more is \$15 per student (either race). **Family Rate** for 3 people in the same family is \$75 (each additional person in the same family is an additional \$10 per person. For example, 4 people = \$85).

REGISTRATION OPTIONS

Deadline For **Mail In** or **Drop Off** entries is Tuesday, October 30. After that date, entries will be accepted on Friday, November 2, or Saturday, November 3 as below.

Mail In Mail your completed entry form with your entry fee to: 2-491 Beechwood Drive, Waterloo, ON N2T 1H8

Drop Off At Runners' Choice, 255 King St. N., Waterloo

On-line www.RunWaterloo.com until Wednesday, October 31, 6:00 p.m.

Friday Nov. 2 At Runners' Choice, 255 King St. N., Waterloo from 5:00 p.m. - 8:00 p.m.

Saturday Nov. 3 Royal Canadian Legion, Cambridge (P) from 8:00 a.m. - 9:30 a.m.

KIT & CHIP PICK UP

Race Kits Can be picked up at: Runner's Choice, Friday, November 2, 5:00 p.m. - 8:00 p.m. Royal Canadian Legion, Saturday, November 3, 8:00 a.m. - 9:30 a.m.

Timing CHIPS Must be picked up on race day at the Royal Canadian Legion, Cambridge (Preston) from 8:00 a.m. - 9:30 a.m.

INFORMATION

Contact Lloyd Schmidt, Race Director:
Telephone: 226-750-0017 **Email:** info@RunWaterloo.com
Mail: 2 Weberlyn Cres., Conestogo ON N0B 1N0

ALL PLEDGES DONATED TO

ALL PLEDGES DONATED TO THE PRESTON LEGION POPPY FUND



The red poppy of Flanders is immortalized as an emblem of sacrifice and remembrance for the honouring of the thousands who laid down their lives for those ideals which we, as Canadians, cherish.

The poppy calls upon us to remember not only those who have died, but those they left dependent, and those who still suffer from honourable wounds and disabilities. The poppy challenges us to serve in peace, as in war, to help those who need our help, and to protect those who need our protection.

The Poppy has been widely recognized as a symbol of Remembrance, since it was first adopted in 1921. By wearing the poppy, we demonstrate our gratitude to those who gave their lives for the freedom we enjoy.

Activities supported include: assisting needy veterans, ex-service members and their families; purchasing medical appliances; funding medical research and training, providing bursaries to the children and grandchildren of veterans and ex-service members; and funding accommodation, care facilities, meals-on-wheels, transport and related services for veterans, seniors and disabled persons.

POST RACE

Enjoy a post race massage, live entertainment, draw prizes and a variety of refreshments following your run.



DRAW PRIZES

Grand Prize Draw: Mountain Bike

Bonus Draw Prize: Beautiful T-Shirt Quilt

Also hundreds of dollars of merchandise - everyone is eligible. Winners must be present to claim prizes.

AWARDS (8 KM & 5 KM ONLY)

Will be presented to the Top 3 Overall Male & Female, the Top 3 Masters Male & Female, and to the Top 3 Male & Female finishers in each age & weight category, and to 1st place in each Team Category.

INDIVIDUAL CATEGORIES (AGE OR WEIGHT), & TEAM CATEGORIES (8 KM & 5 KM ONLY)

INDIVIDUAL CATEGORIES		WEIGHT:	
AGE:		Male	180 - 199 lbs 200 + lbs
Up to 12	40 - 44	Female	130 - 139 lbs 140 + lbs
13 - 15	45 - 49		
16 - 19	50 - 54		
20 - 24	55 - 59		
25 - 29	60 - 64		
30 - 34	65 - 69		
35-39	70 +		
TEAM CATEGORIES			
PARENT / CHILD			
SPOUSES			
CORPORATE (min 3 person team)			
SCHOOL (min 3 person team)			

RESULTS

Computerized timing and race results by ChipTime Results. Results will be available race day, and after the race at the Runners' Choice store and on the Web Sites: www.roadraceresults.com www.RunWaterloo.com www.chiptimeresults.com

COURSE DETAILS & INFORMATION

The 8 KM & 5 KM events are timed races, and the 2.5 KM event is not a timed race.

The 8 KM & 5 KM courses are certified distances.

There will be water stations on the course.

Each KM will be marked.

Times will be called at the Mile mark and the 5 KM mark of the 8 KM race.

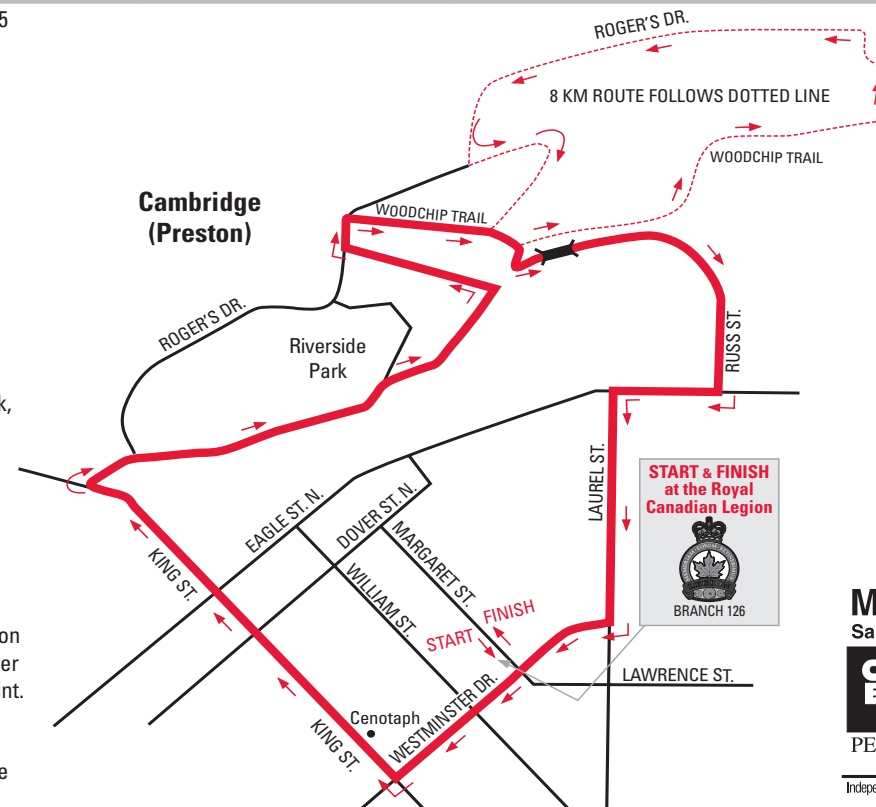
Course Descriptions

8 KM & 5 KM:

Starting at The Royal Canadian Legion, on Margaret St. Run along Westminster Dr. to King St. Turn right on King St. Run past the cenotaph. Turn right into Riverside Park. Run through beautiful Riverside Park, along a boardwalk and over the Speed River exiting onto Russ St. Turn right onto Eagle St. N. Turn left onto Laurel St. Turn right onto Westminster Dr. Turn right onto Margaret St. to the finish line at the Royal Canadian Legion.

2.5 KM:

Starting at The Royal Canadian Legion, on Margaret St. Run along Westminster Dr. to King St. Turn right on King St. Run past the cenotaph. Turn right onto Dover St. N. Turn right onto Margaret St. to turnaround point. Run back to Dover St. N. Turn left onto Dover St. N. Turn left onto William St. Turn left onto Westminster Dr. Turn left onto Margaret St. to the finish line at the Royal Canadian Legion.



Mary Bales
 Sales Representative
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COLLECT FANTASTIC PRIZES WITH A PLEDGE OF YOUR SUPPORT

Minimum \$50 Pledge	Minimum \$100 Pledge	Minimum \$250 Pledge	Minimum \$500 Pledge	Top 3 Fundraisers
Free Saucony CoolMax Socks	• Free Entry • Socks	• Free Entry • \$100 Saucony Gift Certificate at Runners' Choice • Socks	• Free Entry • \$200 Saucony Gift Certificate at Runners' Choice • Socks	Each will receive a Free Pair of Saucony GRID Jazz Running Shoes at Runners' Choice
(value \$5)	(total value \$35)	(total value \$135)	(total value \$235)	(value \$120 each)

PHOTOS

Check out our website at www.RunWaterloo.com for thousands of race photos - all free to download.

THE 2012 WATERLOO RUNNING SERIES - MARK YOUR CALENDAR!

Logo	Event Name	Distance	Date
	The "Re-Fridgee-Eighter"	8 KM or 8 Mile Run & 3 KM Fun Run	February 12
	The Economical ENDURace	5 KM & 8 KM Running Series & 2.5 KM Fun Runs	April 21 & 28
	The Waterloo Classic Road Races	10 KM, 5 KM & 3 KM Run	June 17
	The Dirty Dash	8 KM, 4 KM & 1 KM Kids Fun Run	July 15
	The ENDURun International	160 KM	August 12-19
	Laurier Loop	10 KM, 5 KM, 2.5 KM & Relay Road Races	September 30
	The Oktoberfest Run	10 KM & 5 KM Run	October 14
	The REMEMBERrun	8 KM, 5 KM & 2.5 KM Run	November 3
	The Santa Pur-suit	5 KM, 3 KM & 1 KM Run	December 1