



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

## RACE INFORMATION

**Date:** Sunday, May 9th 2010

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

**9:30 am:** 5 K Walk / Run (Runners at Front)

**9:40 am:** 1 K Walk / Run (Runners at Front)

**10:00 am – 11:00 am:** Refreshments and Prizes

**Entry Fee:** Only **\$10** per participant

Children 7-years and under: no charge but registration required.

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)

Under **EVENT** info, click on **Registration and Fundraising**

On-line registration closes Friday, May 7th at 11:59 pm.

### 2. IN PERSON: at Newworld Cycle and 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**

47 North Shore Blvd. W.

Burlington, Ontario, L7T 4G1

### ON RACE DAY - if not sold out

Register: 8:30 am – 9:15 am Newworld Cycle and Runners

**First 40 children registered** in the event will receive a Newworld Technical Running shirt with their race kit.

**First 25 adults registered** in the event will receive a Newworld Technical Running Hat with their race kit.

## RACE PACKET PICK UP

**Saturday, May 8th 10 am to 4:00 pm**

Newworld Cycle and Runners

560 Plains Road EAST, Burlington, Ontario

Your fundraising runs a little further with 

Purchase a new pair of running shoes from Newworld Cycle and Runners and they **will donate \$5 from the sale of each pair of shoes** that are purchased by a race participant between now and the end of May 31st 2010.

## 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 enroll in WELLSPRING's groundbreaking cancer exercise program.

Be that difference! Fundraise as an Individual or Team by registering On-Line under **EVENT, Registration and Fundraising** at [www.irondames.ca](http://www.irondames.ca)

### IT'S EASY TO BE UP AND RUNNING! CREATE YOUR OWN FUNDRAISING WEBPAGE

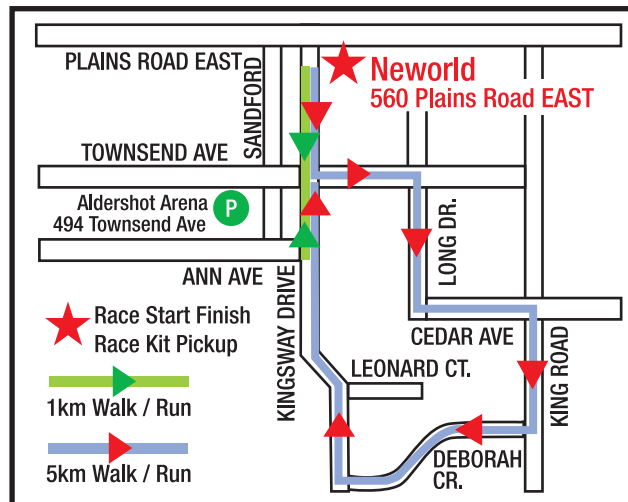
Challenge everyone you know to make a difference! They can pledge donations to Halton-Peel WELLSPRING on your page!

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

### ALEXIS WILLIAM of Transition Health, Aldershot has put down a CHALLENGE with REWARDS:

♥ **Raise more than \$50.00** as a participant and receive a free entrance to one of her upcoming Nutrition Seminars;

♥ **Raise more than \$250.00** and receive a free Nutrition Check-Up (\$80.00 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.

## RACE REGISTRATION FORM

**One race registration form and waiver is required for every participant. Please read and sign waiver on 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 = \$10    7-years or younger FREE

**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 Halton-Peel's 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](http://www.irondames.ca)**

Please **PRINT**

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

First 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: \_\_\_\_ / \_\_\_\_  
Month Year

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

Please mail registration and/or donation payment to:  
**IRONDames Lace Up For Love Registration**  
47 North Shore Blvd. W.  
Burlington, Ontario L7T 4G1

Gifts for every Mother • Prizes for the top 3 Fundraising Teams and Fundraisers! • Inspirational Wrist Bands for all finishers • Refreshments • Draw prizes