



You don't want to miss the 2008 Pasta Party at Paradiso!



For information please call: (905) 639-8053 or visit: www.vrpro.ca or e-mail: vrpro@sympatico.ca



Proceeds from the 2008 HSBC Chilly 1/2 Marathon & Frosty 5K benefit St. John Ambulance. Please help us support this worthy charity by raising funds and collecting pledges. A pledge form is available on-line at: www.vrpro.ca.

SPECIAL DISCOUNT RATES AT THE OFFICIAL RACE HOTELS

Homewood Suites by Hilton Burlington and Hilton Garden Inn Burlington conveniently located at 975 and 985 Syscon Road (Burloak Drive and QEW) in Burlington, Ontario are the official hotels of the 2008 HSBC Chilly Half Marathon & Frosty 5k. Both hotels will be offering a limited number of rooms at a special group rate for race weekend. For reservations at Hilton® Garden Inn, call: 1-866-432-6555 or 905-631-7000. For Homewood Suites, call: 1-800-CALL-HOME or 905-631-8300. To receive the special rate, please mention group code "VRP" when making reservations. For directions or additional hotel information, visit their web sites: www.torontoburlington.gardeninn.com www.burlington.homewoodsuites.com



Come to the FREE Friendship Run at the Running Room Store
The Burlington Running Room will offer a free Friendship Run Saturday, March 1, 2008 at 9:00 a.m. Come out and meet the Running Room store team along with some of our special guests; get injury-prevention advice, training tips, and pick up those last minute race necessities!

JOIN US FOR THE PASTA PARTY SPONSORED BY YoPRO!

Celebrate our twelfth race year with the annual Pasta Party at Paradiso Restaurant, located at Pine and Elizabeth Streets in the Village Square. Join us Saturday, March 1st from 4:30 - 6:30 p.m. The cost is only \$30.00 (with tax and gratuity) and includes salad, choice of homemade pasta, and dessert.



The Pasta Party is sponsored by YoPRO™ The Original, Low Fat, High Protein Super Premium Frozen Yogurt. (www.yopro treats.com)

Please note: The Pasta Party at Paradiso Restaurant is open to everyone, but there is a 120 person limit, so you must register early. Guest speakers for the Pasta Party are: Dave Howlett, Lee Scott, Joanne Shields, and Mark Sullivan. For more information about these speakers, visit: www.vrpro.ca

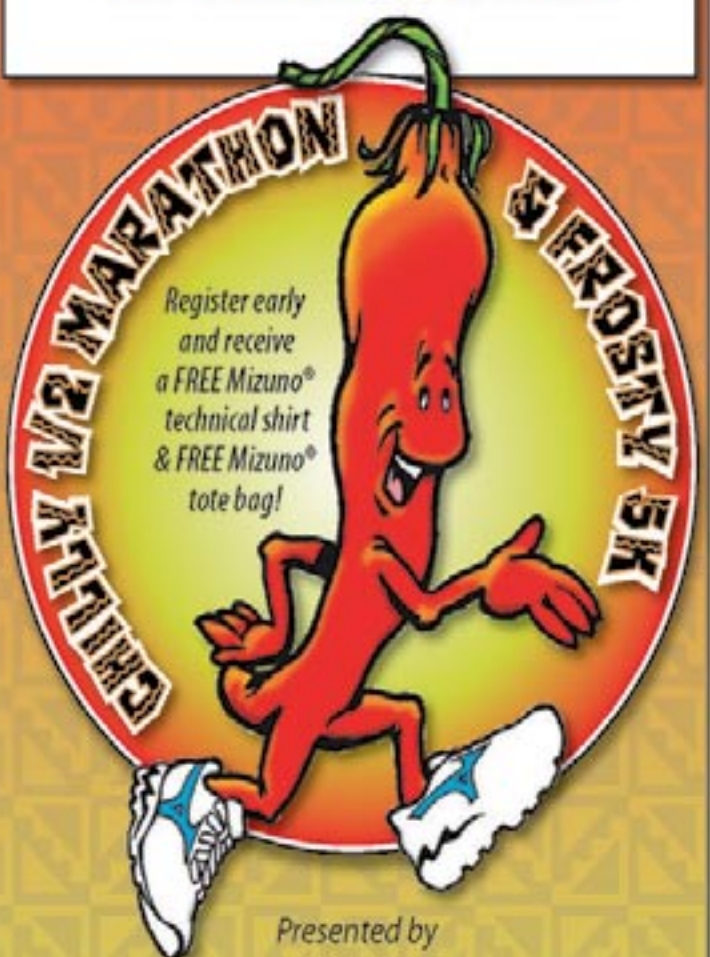
About Paradiso...
Mediterranean cuisine served in a casual and elegant setting. The eclectic menu, which draws its inspiration from the European Mediterranean, is prepared before your eyes in the open concept kitchen.



Burlington Village Square 2041 Pine St. • Phone: (905) 639-1176



The world's local bank



Sunday, March 2, 2008 8:50 a.m.
Burlington, Ontario, Canada

- Sponsored by
- 8:50 a.m. 5k Run
 - 9:00 a.m. 1/2 Marathon Walk
 - 10:05 a.m. 1/2 Marathon Run



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RACE DATE:
Sunday, March 2, 2008

START TIMES:

- 8:50 a.m. - Frosty 5k Run
- 9:00 a.m. - Chilly Half Marathon *Walk
- 10:05 a.m. - Chilly Half Marathon

**Note: Half Marathon walkers must keep one foot on the ground at all times.*

Sign up now... the 2007 Chilly Half closed early!



RACE LOCATION & COURSE:
Start at Elizabeth Street & Lakeshore Road, and finish in Downtown Burlington, Ontario; scenic, flat (PB) courses. (Complete course information and map posted on-line at: www.vrpro.ca.)

PARKING:
There are numerous lots near the start. (Please avoid parking in any church lots.) Parking is also available at the movie theatre parking lot next to the race hotels with free shuttle service provided to the race start.

REGISTRATION:

- The first 2,000 half marathoners to register will receive a FREE long sleeve technical shirt from Mizuno®.
- All half marathoners will receive a finishing medal.
- The first 400 registrants for the Frosty 5k receive a FREE short sleeve technical T-shirt from Mizuno®.
- PLUS...the first 2400 registered participants receive a FREE Mizuno® tote bag!

RACE KIT & CHIP PICK-UP:
New location...The Hilton® Garden Inn, 985 Syscon Road, Burlington, Ontario, will be the site for the 2008 race expo featuring the Running Room and Mizuno®. This is also your last chance to register for the races. You must pick up your race kit & chip at the expo during the following times:

- Friday, February 29, 2008 from 11:00 a.m. to 9:00 p.m.
- Saturday, March 1, 2008 from 9:30 a.m. until 4:00 p.m.

NOTE: THERE WILL BE NO RACE DAY REGISTRATION OR PACKET PICK-UP!
(For directions to expo, visit: www.vrpro.ca.)

Please note: Half Marathon registration may close early as there is a maximum limit of 2300 participants. There are also limits of 500 in the 5k, and 200 in the walk. Register early!

POST RACE CHILI PARTY: Sponsored by New location...Downtown Burlington, near City Hall immediately following the races, with delicious hot chili for all entrants provided by Pete's Pepper Palace, along with great draws and prizes! (Directions to the 2008 Chili Party location available at: www.vrpro.ca.)

AWARDS:
Awards will be presented following the Chili Party, at our new location, with cash for Overall Male/Female, prizes for 2nd and 3rd Male/Female, Masters Male/Female, 2nd and 3rd Masters Male/Female. Awards to the top 3 Male/Female in each 5 year age category 10 and under to 70 plus. Overall Male/Female, and Masters Male/Female, and 1st, 2nd and 3rd walkers plus the winners in each age category of both events will receive dinner for two at Paradiso Restaurant, Pine Street, Burlington, ON.

Prizes for overall winners of all races and age category winners in the Chilly Half are provided by Mizuno®.

SHUTTLE BUS SERVICE:
Because of the exceptional special rates offered, as well as late check out available to all race participants, we recommend everyone stay at the Hilton® Garden Inn Burlington and Homewood Suites by Hilton® Burlington.

Plus, free shuttle bus service will be available for all from the hotels to the race start leaving at the following times:
7:00 a.m., 7:30 a.m., 8:00 a.m., 8:30 a.m., 9:00 a.m., & 9:30 a.m.
Return times from the race finish to the hotels will be:
10:00 a.m., 11:00 a.m., 12:00 noon, 12:30 p.m. & 1:00 p.m.

CHILLY HALF FLEECES:
Mens and Womens Fleece in sizes small to extra large
Colours: Soft fleece available in black, grey, mauve, navy, and red.
Price: \$70.00 (tax included)



TO REGISTER:
Mail completed form to:
VR PRO
561 Brant St.
P.O. Box 85030
Burlington, Ontario L7R 4K3
(Please make cheques payable to: VR PRO.)

Drop off form at the Burlington Running Room.

Enter on-line at: www.vrpro.ca
www.runningroom.com
(Note: on-line processing fees will be added. Entries are non-transferable/non-refundable.)

INFORMATION:
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Register early on-line @ www.vrpro.ca and check back often for event updates including course map, post race party location, etc...



2008 HSBC CHILLY 1/2 MARATHON & FROSTY 5K

Name: _____
Address: _____
City: _____
Postal Code: _____
Phone Number: _____
E-mail: _____
Gender: Male Female
Age (on race day): ____ Birthdate (mm/dd/yy): ____/____/____
Previous Best Time (for event entered): _____ Year: _____
Race: 5k Run 1/2 Marathon Walk 1/2 Marathon Run
T-Shirt Size: Small Medium Large Extra Large
(Note: No size substitutions at packet pick-up. If you do not specify size, you will receive a large.)

REGISTRATION FEES: (NOTE: NO RACE DAY REGISTRATION!)
Half Marathon Fee
 \$50.00 (Before Dec. 1, 2007) \$55.00 (Dec.1, 2007 - Feb. 1, 2008)
 \$60.00 (Feb. 2 - Feb. 15, 2008) \$70.00 (Feb. 16 - March 2, 2008)
5k Run Fee
 \$30.00 (Before Dec. 1, 2007) \$35.00 (Dec.1, 2007 - Feb. 15, 2008)
 \$40.00 (Feb. 16 - March 2, 2008)
(Note: all fees are non-transferable and non-refundable.)

YoPRO™ PASTA PARTY:
 \$30.00 (including tax & tip) x Number: _____

CHILLY HALF FLEECES: (Price is \$70.00 ea. tax included.)
Quantity: _____ Mens _____ Womens
Size: Small Medium Large Extra Large
Colour: Black Grey Mauve Navy Red

TOTAL: \$ _____
 VISA Mastercard Am Ex Cash Cheque (no refunds)
Card Number: _____
Expiry Date: ____/____
Signature: _____

Amateur Athletic Waiver & Release of Liability:
I am participating at my own risk and waive all claims of every nature against the organizers, officials, sponsors, and any other participating agencies in respect to any personal loss, illness, bodily injury or death resulting in participation in these activities. I also fully understand the rigors of such a competition and have prepared myself physically for the race. At the time of registration, I will inform the race organizers regarding and relevant medical condition. I agree to follow the rules which govern road racing. I the undersigned have read the above waiver and release, and understand that I have given up substantial rights by signing it, and sign it voluntarily.

List any existing medical condition(s)/current medication: _____
Signature: _____ Date: _____
(Signature of parent / guardian if under 18 years of age)