

ABOUT HOSPICE OF LONDON

A United Way Funded Agency

Mission Statement:

Incorporated in 1985, Hospice of London is a charity that provides comfort and caring support to meet the physical, social, emotional and spiritual needs of people living with a life threatening illness and their families. Support

who are recently There is no fee for this service.

Since its inception supported thousands of family members who were facing the end stage of a life threatening illness such as heart, lung or renal disease and cancer.

Hospice services are available throughout London and its immediate surrounding area and are provided irrespective of age, gender, race, culture, religion or economic status.

Hospice volunteers and staff are ready to support individuals when the focus of attention changes from curing to caring.

All proceeds from the Hospice Road Race will go directly to Hospice programs and services.



For more information contact:
Hospice of London
837 Talbot Street
London, ON N6A 2V7

Phone: 519-438-2102

Fax: 519-438-9833

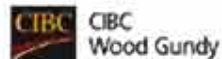
www.hospiceoflondon.com
email: caring@hospiceoflondon.com

THANK YOU

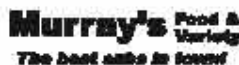
HOSPICE OF LONDON is grateful for the generosity of our sponsors

Bayshore

Home Health



Okanski Financial Group 5km



Special Thanks to Pointdexter Career Consulting for their generous support of this event



...aboutdesigninc.

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BAYSHORE HOME HEALTH
proudly presents the
HOSPICE
Half Marathon Race
10K, 5K Run,
2.5K Kids for Hospice
Adventure Race (12 & under)
LONDON, ONTARIO



In support of



HOSPICE OF LONDON

Helping Londoners with life-threatening illnesses for over 20 years

Saturday, September 22, 2007

Events will be timed by Professional Timing Chip
The courses are certified by Athletics Canada-Run Canada and accurately measured by Bernie Conway.



RACE INFORMATION

	PRE SEPT. 1 st	POST
Bayshore Home Health Half Marathon	\$38	\$48
The At Print and About Design Inc. 10K Run	\$28	\$38
The Okanski Financial Group 5K Run	\$25	\$35
The Hospice of London 2.5K Hike for Hospice*	\$15	\$25
The Pointdexter Career Consulting Adventure Race	\$5	\$10

***The Hike for Hospice route is on a separate course to ensure your safety and comfort.**

RACE KIT PICK-UP

Race kits may be picked up at **Running Room**

- Thursday, September 20th (4 p.m. - 8 p.m.)
- Friday, September 21st (noon - 8 p.m.)
- Walk-up registration at the Spriet Family Home for Hospice on race day
- * *Shirt may not be available on race day for walk-up registrations.*

All Half Marathon, 10K, 5K & 2.5K finishers will receive a commemorative medal as they cross the finish line.

WATER STATIONS

Water stations (with sports drink) will be located along the routes.

BAG CHECK

Participants will have access to a bag check on-site at the Spriet Family Home for Hospice.

AWARDS

Awards will be given to the following:

1st M/F	\$150	1st Master M/F	\$50
2nd M/F	\$100	1st 10K M/F	\$50
3rd M/F	\$50	1st 5K M/F	\$25

The age divisions are as follows:

19 & under | 20-24 | 25-29 | 30-34 | 35-39
40-44 | 45-49 | 50-54 | 55-59 | 60 & over

SCHEDULE OF EVENTS

SATURDAY, SEPTEMBER 22nd, 2007

7:30 a.m.	Race kit pick-up & walk-up registration
8:30 a.m.	Bayshore Home Health Half Marathon
9:15 a.m.	The At Print and About Design Inc. 10K Run
9:30 a.m.	The Okanski Financial Group 5K Run
9:45 a.m.	The Pointdexter Career Consulting Adventure Race (Youths 12 & under)
10:15 a.m.	The Hospice of London 2.5K Hike for Hospice
11:00 a.m.	Post Race Party

All activities take place at Spriet Family Home for Hospice, 837 Talbot Street where runners will be provided with food, beverages and numerous draw prizes*.

*Must be present to win.

REGISTRATION

- ① Online at www.runningroom.com
- ② In person at Running Room
- ③ By Letter Mail to: Hospice Half Marathon, Hospice of London 837 Talbot Street, London, Ontario N6A 2V7

PLEDGES:

Once you have registered for the race on-line, your friends and family can pledge on-line.

How to raise pledges:

1. Set a goal.
2. Make the first pledge - go online it is easy www.hospiceoflondon.com
3. Collect the pledges up front and save time!
4. Carry your pledge form with you - it's easier to sign people up.

RELEASE, WAIVER & INDEMNITY

I acknowledge that by signing this release my participation in the Hospice of London Half Marathon Race and all other events affiliated with it is at my own risk. I agree and hereby release, absolve and hold harmless the Hospice of London, corporate sponsors, and any other parties connected or affiliated with the Hospice of London Half Marathon Race events on September 22, 2007 for personal injury, loss or property damage resulting from my participation.

SIGNATURE

DATE



