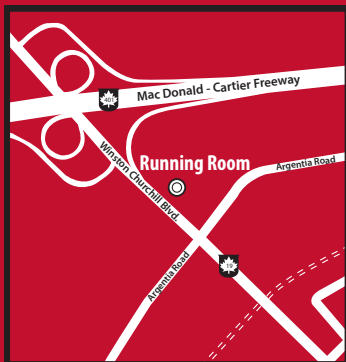


Meet John Stanton

John Stanton is a best-selling Canadian author of four books on running and founder of the Running Room, one of Canada's 50 Best Managed Companies. John was named to Maclean's Magazine's 2004 Canada Day Honour Roll as one of ten Canadians making a difference in our nation for his contribution to health through fitness. He has also run more than 60 marathons, hundreds of road races, and numerous triathlons, including the Canadian Ironman and the Hawaiian World Championship Ironman competition.

While partaking in the Grand Opening meet John in person. He will be signing books and answering any questions you may have on running or walking.



**Winston Churchill
Running Room**
Unit 1,2969 Argentea Road
Mississauga, ON L5N 0A2
Phone: (905) 814-6500
winston@runningroom.com

Free Practice Session Times

Wednesdays 6:30 p.m.

Sundays 8:30 a.m.

Runners & Walkers from beginner to advanced
are all welcome!



www.runningroom.com



Winston Churchill Centre Mississauga, ON GRAND OPENING

JASON BAIRD
2.5K / 5K Run or Walk
6:30 pm Wednesday December 3rd, 2008



Help Jason's Family overcome their Tragedy During the Holidays

To make a donation please go to

www.giving.runningroom.com

Click on 'Donate To A Charity' – Search / Jason Baird Family Trust Fund

Register on-line at
www.events.runningroom.com

NAME: _____

ADDRESS: _____

CITY: _____ Prov.: _____ PC: _____

E-MAIL ADDRESS: _____

PHONE (H): _____

DOB (yy / mm / dd): _____

Sex: M / F AGE ON RACE DAY: _____

REGISTRATION FEES

(100% of the registration fee goes to the Jason Baird Family Trust Fund)

5K Run/Walk (7054) 2.5K Run/Walk (7055) \$10.00

Total _____

Method of Payment: Cash Cheque

MAKE CHEQUES PAYABLE TO RUNNING ROOM (CANADA) INC. NOTE: NON-TRANSFERABLE AND NO REFUNDS.

WAIVER - I know that participating in physical fitness events is a potentially hazardous activity. I agree not to participate unless I am medically able and properly prepared. I should not participate without my physician's approval. I agree to abide by any decision of an event official concerning my ability to safely participate. I assume any and all risks associated with the event; including but not limited to, falls, contact with other persons or objects, the effects of weather, traffic and course conditions. As a condition of my entering this event, I, for myself, any accompanying minors, and anyone entitled to act on my behalf, waive and release Running Room Canada Inc., any associated or related entities, their directors, officers, employees, agents, representatives, sponsors, volunteers, and organizers (herein collectively called "Event Organizers"), from present and future claims and all liabilities of any kind, known or unknown, arising out of my participation in this event or related activities, even though such claim or liability may arise out of negligence or fault on the part of the Event Organizers. I agree that the Event Organizers shall not be liable for any personal injury, death or property loss, and I release the Event Organizers and waive all claims with respect thereto. In the event my registration fees are paid, I agree to be bound by the provisions of this waiver. I grant permission to Event Organizers to use or authorize others to use my personal information, any photographs, motion pictures, or any other record of my participation in this event or related activities without remuneration. Applications for minors shall be accepted only with a parent's signature and should be signed by the minor. I have read this Waiver. I understand and accept its terms.

Signature _____

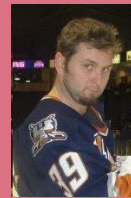
(Parent/Guardian Signature if Entrant under 18)

Date: _____

Privacy Policy

Running Room Canada Inc. is committed to respecting the personal privacy of our customers. All personal information held or collected by Running Room Canada Inc. is protected. If you have any questions about the protection of your personal information, please contact us at: mailprivacy@runningroom.com or by postal mail to Running Room Canada Inc., 9750 - 47 Avenue, Edmonton, Alberta, Canada, T6E 5P3. To view our privacy policy visit web site: www.runningroom.com. (01-29-08)

 Register on-line at www.events.runningroom.com



Jason Baird played hockey for the Mississauga Reps living in Mississauga as a teenager with the Pinizzotto family. He played minor pro CHL in the USA until a tragic life-altering accident (a riding lawn mower explosion) left him fighting for his life with over 60% of his body burned. Being off-season, Jason had no

medical coverage. Today, with the holidays approaching, his wife and three young children wait and hope while 27-year-old Jason remains in hospital slowly recovering. Please give the gift of love, goodwill, and generosity this holiday season by helping Jason and his family. The St. Patrick Catholic Church in Jason's hometown of Cayuga, Ontario will be accepting tax-deductible donations and funds on behalf of Jason. For Jason updates visit: www.jasonbaird.ca

Location: The NEW - Winston Churchill Running Room
Unit 1, 2969 Argentia Road
Mississauga, ON L5N 0A2
Ph: 905-814-6500
winston@runningroom.com

Date and Time: Wednesday December 3, 2008 – 6:30 pm

Brief ribbon cutting ceremony immediately followed by the Run / Walk for the Jason Baird Family

- All participants will receive a medal
- Great food, refreshments and cake to follow the event
- Suitable for people of all ages, abilities and fitness levels
- Dress to walk or run comfortably outside
- FREE buses to and from the event from select Running Room/Walking Rooms (check in-store for details)

Distances: 5K / 2.5K **Entry Fee:** \$10.00

100% of the registration fee goes to the Jason Baird Family Trust Fund. To make a tax-deductible donation for Jason Baird, please go to www.giving.runningroom.com, Click on 'Donate To A Charity' – Search / Jason Baird Family Trust Fund.



Register on-line at
www.events.runningroom.com

