

Special thanks to our Sponsors!



Driving growth



| Pledge Sheet  |          | \$ Pledged    |
|---|----------|---------------|
| Pledge for Big Brothers & Sisters<br>(Please add another sheet if more space is required. Please print clearly so we can issue receipts as required). |          |               |
| Name:   | Address: | Postal Code:  |
| Name:   | Address: | Postal Code:  |
| Name:   | Address: | Postal Code:  |
| Name:   | Address: | Postal Code:  |
| Name:   | Address: | Postal Code:  |
| Name:   | Address: | Postal Code:  |
| Name:   | Address: | Postal Code:  |
| Name:   | Address: | Postal Code:  |
| <b>FOR OFFICE USE ONLY:</b><br>amount received: \$ _____ receiver's initial: _____  |          | <b>Total:</b> |

The person with the most pledges will receive a prize. All pledges made payable to Big Brothers & Sisters  
 Please print clearly so we can issue tax receipts.



For Big Brothers & Big Sisters

July 16th, 2009

1k 6:30pm, 5k & 10k 7:00pm

BURLINGTON, ONTARIO CANADA

For more information please call:

905-639-8053

email: vrpro@sympatico.ca or

register online at www.vrpro.ca

or www.runningroom.com

presented by:





## EATON PRESENTS 5K & 10K Downtown Dash

### When & Where:

July 16th, 2009

Holy Protection of the Blessed Virgin Mary Ukrainian Catholic Church 419 Pine Street, Burlington

5K Run: 7:00 p.m. 10K Run: 7:00 p.m.

1K Fun Run: 6:30 p.m.

5K Certified Route:

START: PEARL AND JAMES STREET

• Head South to Lakeshore • Right on Lakeshore • Right on Maple

• Right on Hammond • Right on Lambshead • Left on Richmond

• Right on Hager • Left on Caroline to Pearl • Right On Pearl to finish on Pearl and Pine. It will be doubled for the 10K Run.

### Race kit pick up & registration:

Wednesday July 15th from 11:00 am till 7:00 pm

Burlington Running Room

Unit 6C, Cumberland Square

3300 Fairview Street

Burlington, ON

Ph: (905) 637-2932

Race Day from 4:00 pm until 6:30 pm for

registration and race kit and chip pick up

Holy Protection of B V M Ukrainian Catholic Church

Burlington Pine and Pearl Street

**Awards:** Top overall male and female plus masters male and female in both 5 and 10 k. Medals will be awarded to top 3 in each age category from 10 and under to 70 plus male and female. Free t-shirts for the first 500 participants that register!

Cheques, visa, mastercard and Amex may be sent to:  
VR Pro 561 Brant Street, PO Box 85030, Burlington  
L7R 4K3

or drop off to any Running Room location.

Call 905-639-8053 email [vrpro@sympatico.ca](mailto:vrpro@sympatico.ca)

Register online at [www.vrpro.ca](http://www.vrpro.ca) or  
[www.runningroom.com](http://www.runningroom.com) or call (905) 639-8053  
or e-mail [vrpro@sympatico.ca](mailto:vrpro@sympatico.ca)



**Eaton Corporation** is a diversified industrial manufacturer with 2008 sales of \$15.4 billion. We are a global technology leader in electrical components and systems for power quality, distribution and control; hydraulics components, systems and services for industrial and mobile equipment; aerospace fuel, hydraulics and pneumatic systems for commercial and military use; and truck and automotive drivetrain and powertrain systems for performance, fuel economy and safety. Eaton has approximately 75,000 employees and sells products to customers in more than 150 countries.

Our Electrical sector is a leader in electrical control, power distribution, uninterruptible power systems and industrial automation products and services. We provide customer-driven solutions that serve the changing needs of the industrial, utility, light commercial, residential and original equipment markets.

Eaton knows our strength as an organization begins with selecting the very best individuals to join our team. That's why we're committed to attracting, developing and keeping a diverse workforce that reflects the nature of our worldwide business. If you're looking for an exciting career opportunity, please go to [www.Eatonjobs.com](http://www.Eatonjobs.com)

Proceeds from this race benefits...



Becoming BIG is easy! A little of your time can change a lot in a child's life. An hour or two every week is all that it takes to help a child build the confidence needed to be more successful in life. Little Brothers and Little Sisters are between the ages of 6 and 16, and all have one thing in common – they need a friend and mentor just like you! Share what you know – mentor a child.

### Upcoming Races:

**Dundas Cactus Dash 5k** August 16th

**Waterfront Trail 5k, 8k and double crown** September 5th

**Hannukah Hustle 5k and 10k** November 22nd

**Jingle Santa all Santa race 5k Race** December 12th

**HSBC Chilly Half and Frosty 5k** March 7th, 2010

### Registration Form

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Address: \_\_\_\_\_ Postal Code: \_\_\_\_\_

City: \_\_\_\_\_ Fax: \_\_\_\_\_ Sex: \_\_\_\_\_ D.O.B: \_\_\_\_\_ PSN/BIB: \_\_\_\_\_

5K \$30 until May 20th  10K \$35 until May 20th  Funrun for big brothers Big Sisters Run/walk \$15

\$35 thereafter  \$40 thereafter  \$20 thereafter

Total \$ \_\_\_\_\_  Visa  Mastercard  AMEX  Cash  Cheque **Sorry no refunds!**

Card Number \_\_\_\_\_ Expiry Date: \_\_\_\_\_

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

### Instructions / Rules:

Please make cheques payable to

Mail to VR Pro: 561 Brant St., P.O. Box 85030, Burlington, L7R 4K3 or

Drop off at The Running Room at the following locations:

Oakville: 156 Lakeshore Blvd.; Burlington 3300 Fairview St. Unit 6c

Hamilton: 1457 Main West or any other Running Room location.

Or enter on-line @ [www.vrpro.ca](http://www.vrpro.ca) or [www.runningroom.com](http://www.runningroom.com)

### Amateur Athletic Waiver and 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 from participating in these activities. I also fully understand the rigors of such a competition and I have prepared myself physically for the race. At the time of registration, I will inform the race organizers regarding any 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.

Questions or comments, please email:

[vrpro@sympatico.ca](mailto:vrpro@sympatico.ca)

Signature of Parent/Guardian (if runner is under 18 years of age)

Runner's Signature

Date: month / day / year