

The Alzheimer Society is
thankful for the support of:

THE HAMILTON SPECTATOR

— Beyond Black and White —



Special thanks to the Town of Dundas, the Dundas Cactus Festival Association and the City of Hamilton.

**SUPPORTING THE ALZHEIMER SOCIETY OF
HAMILTON AND HALTON**

The Alzheimer Society of Hamilton and Halton provides programs and services for families in our community who are affected by Alzheimer's Disease and related disorders. Pledge dollars go directly toward the Alzheimer Society services, while registration fees cover event costs.

To be eligible for pledge incentives, total pledges must be submitted by the event date, Sunday, August 22, 2004.

Tax receipts will be issued for pledges over \$10; please include full name and mailing address.

Participant Name: _____

Participant Address: _____

PLEDGE SHEET

Participant _____	Phone _____	Pledge Amount \$ _____
Address _____		
Sponsor Name _____	Phone _____	Pledge Amount \$ _____
Address _____		
Sponsor Name _____	Phone _____	Pledge Amount \$ _____
Address _____		
Sponsor Name _____	Phone _____	Pledge Amount \$ _____
Address _____		
Sponsor Name _____	Phone _____	Pledge Amount \$ _____
Address _____		
Sponsor Name _____	Phone _____	Pledge Amount \$ _____
Address _____		
Sponsor Name _____	Phone _____	Pledge Amount \$ _____
Address _____		
		TOTAL \$ _____

**The Hamilton Spectator
Cactus Run
for the
Alzheimer Society
Sunday, August 22, 2004
Dundas Driving Park**



Alzheimer Society
OF HAMILTON AND HALTON



Charitable Registration Number: 8953-7984-RR0001

ROUTE

A 5 km run or 1 km walk over a rolling course through historic downtown Dundas' scenic residential streets.

DATE & TIME

Sunday, August 22, 2004

Registration: 8:30 a.m.

Walk start: 9:30 a.m.

Run start: 10:00 a.m. (Sharp)

LOCATION

Location: **Dundas Driving Park**

PARKING

Directions: Take Main Street West in Hamilton to Cootes Paradise. Turn right on Cross Street; the Dundas Driving Park entrance is at the foot of Cross Street.

REGISTRATION

Raise \$100 and participate for FREE

\$30 until August 10, 2004 for 5 km run

\$35 after August 10, 2004 for 5 km run

\$15 until August 10, 2004 for 1 km walk

\$20 after August 10, 2004 for 1 km walk

\$10 for walk t-shirt; order by August 10, 2004

\$60 for Family Package (2 Adults and 1-4 children)

EARLY BIB PICK-UP

Saturday, August 21, from 11:00 a.m. to 4:00 p.m. at the Hamilton Running Room, 1457 Main Street West (across from McMaster University). Sunday, August 22, from 8:30 a.m. to 9:30 a.m. at the Dundas Driving Park.

AWARDS

Overall male and female plus masters male and female will receive Polar prizes and collector item medals. Medals will also be awarded to the top three in age categories from 10 and under to 70 plus in 5 year increments for males and females. Overall male and female plus masters will receive dinner for two at Paradiso Restaurant, Pine Street, Burlington. Plus the winner in each age category of the 5k will receive dinner for two at Paradiso.

T-SHIRT

The first 300 registrants in the 5k will receive a free t-shirt. Walk entrants that would like to purchase a shirt, please add \$10.00 to your fee and indicate on race form.

POST RACE EVENT

Barbecue following the race. Massages courtesy of Canadian Therapeutic College plus lots of great prizes

PLEDGE INCENTIVES

- Raise \$750 and receive One Year Phoenix Fitness Membership and \$100 gift certificate to the Phoenix Fitness Pro Shop
- Raise \$500 and receive a Six Month Phoenix Fitness Membership and \$50 gift certificate to the Phoenix Fitness Pro Shop
- Raise \$300 and receive a Three month Phoenix Fitness Membership
- Raise \$100 and Participate in the Cactus Run for FREE

To be eligible for pledge incentives, total pledges must be submitted by the event date, Sunday, August 22, 2004.

FOR MORE INFORMATION

For details on the run, contact VR Pro:

Phone: (905) 639-8053

Fax: (905) 639-2950

E-mail: vrpro@sympatico.ca

Register on-line at www.vrpro.ca or www.runningroom.com/eventsregistration.

For more information on the Alzheimer Society, contact:
Alzheimer Society of Hamilton and Halton
1685 Main Street West, Suite 206
Hamilton, ON L8S 1G5
Phone: (905) 529-7030
Fax: (905) 529-3787
Web Site: <http://alzheimer.interlynx.net>



Cactus Run Registration Form

Date: _____ Sex: _____ Age: (race day) _____

Name: _____ Last Name: _____

Street Address: _____

Town/City: _____ Prov/State: _____

Postal Code: _____ Telephone: _____

Email: _____

- \$30.00 until August 10, 2004 for 5k walk
- \$35.00 thereafter
- \$15.00 until August 10, 2004 for 1K Walk
- \$20.00 thereafter for 1K Walk
- \$10.00 for walk t-shirt. Order by August 10th.
- \$60.00 Family Package (2 adults & 1-4 children)

Visa • MC • Amex • Cash • Cheque • Payable to VR PRO
Online registration at www.runningroom.com/eventsregistration or www.vrpro.ca.

Card # _____

Expiry Date: _____ Signature: _____

FAX TO 905-639-8053 OR MAIL TO VR PRO

561 Brant St., P.O. Box 85030, Burlington, ON L7R 4K3

OR DROP OFF AT THE RUNNING ROOM

Hamilton - 1457 Main St. West, or any other Running Room location

OR ONLINE AT [WWW.VRPRO.CA](http://www.vrpro.ca) OR [WWW.RUNNINGROOM.COM](http://www.runningroom.com)

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 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 voluntarily.

Signature: _____ Date: _____

Signature of parent/guardian if under 18 years of age.