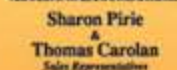


2009 HSBC CHILLY HALF MARATHON & FROSTY 5K SPONSORS

OUR TITLE SPONSOR

HSBC
The world's local bank

A special thanks to all our 2009 sponsors!



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

HAMILTON GENERAL HOSPITAL MRI BREAST COIL PLEDGE SHEET

Please help us make breast MRI available to all women!...

One in nine women will develop breast cancer in their lifetime. This year in Ontario 8,500 new cases will be diagnosed and 2220 women will die from it. Early and complete diagnosis affords the best chance for cure.

Breast MRI uses an MRI machine coupled with a special breast MRI coil to look inside the breast without radiation or pain. Breast MRI detects breast cancer in its very earliest stages. It is the best test to determine the extent of surgery so no cancer is left behind. It can assess for multiple tumors in the same breast, assess for extension of the cancer beyond the breast or even detect unsuspected cancer in the other breast.

In our local health network there are only two MRI's that have such special breast coils and the waiting list for this test is many months long.

Help us raise money for this lifesaving piece of equipment and save all of our mothers, daughters and sisters from this disease.

PARTICIPANT - (Please print clearly.)

Name: _____ Phone: (____) _____
Address: _____ Postal Code: _____

PLEDGES - (Please print clearly so receipts can be issued as required.)

Name: _____ Phone: (____) _____
Address: _____
Postal Code: _____ Pledge Amount: \$ _____

Name: _____ Phone: (____) _____
Address: _____
Postal Code: _____ Pledge Amount: \$ _____

Name: _____ Phone: (____) _____
Address: _____
Postal Code: _____ Pledge Amount: \$ _____

Name: _____ Phone: (____) _____
Address: _____
Postal Code: _____ Pledge Amount: \$ _____

Name: _____ Phone: (____) _____
Address: _____
Postal Code: _____ Pledge Amount: \$ _____

FOR OFFICIAL USE ONLY: Received by: _____
Total Pledge Amount: \$ _____ Total Amount Received: \$ _____

*Please hand in pledge forms at early registration or packet pick-up. Use another sheet, if you need more spaces for additional pledges. Thank you for helping us raise money for lifesaving equipment!

2009 HSBC CHILLY HALF MARATHON & FROSTY 5K

For the Hamilton General Hospital MRI Breast Coil

HSBC



**CHILLY
HALF
MARATHON
& FROSTY 5K**

Sunday, March 1, 2009 8:50 a.m. • Burlington, Ontario, Canada

Presented by



Register online @
www.vrpro.ca

Register early and receive
a FREE Mizuno® technical shirt
& FREE Mizuno® tote bag!



8:50 a.m.
5k Run

10:05 a.m.

HSBC Chilly Half Marathon Run
& Half Marathon Walk

Post-Race Chili Party Sponsored by
STAGG CHILI™ The Chili Chili-Lovers Love!™



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

RACE DATE:
Sunday, March 1, 2009

START TIMES:
• 8:50 a.m. - Frosty 5K Run
• 10:05 a.m. - HSBC Chilly Half Marathon & Half Marathon *Walk

RACE LOCATION & COURSE:
Start at Elizabeth Street & Lakeshore Road
Finish in Downtown Burlington, Ontario; scenic, flat (PB) courses.

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:
• All half marathoners will receive a finishing medal.
• First 2,000 half marathoners to register receive a FREE long sleeve technical shirt from Mizuno®.
• First 400 registrants for 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:
Hilton® Garden Inn, 985 Syscon Road, Burlington, Ontario, is the site for the 2009 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 27, 2009 from 11:00 a.m. to 8:00 p.m.
• Saturday, February 28, 2009 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: 2009 HSBC Chilly Half Marathon registration may close early as there is a maximum limit of 2000 participants. There are also limits of 500 in the 5k, and 300 in the walk. Register early!

PASTA PARTY at Paradiso Restaurant
sponsored by OMNI FOOT CLINIC

Celebrate our thirteenth race year with the annual Pasta Party at Paradiso Restaurant, located at Pine and Elizabeth Streets in the Village Square. Join us Saturday, February 28 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. There will also be special guest speakers. Please note: The Pasta Party at Paradiso Restaurant is open to everyone, but there is a 120 person limit, so you must register early. For more information, visit: www.vrpro.ca.

POST-RACE STAGG CHILI™ PARTY:
...Immediately following the races, Downtown Burlington, near City Hall...delicious hot chili for all entrants provided by **STAGG CHILI™** The Chili Chili-Lovers Love!™ There will also be great draws and prizes!



Sign up now...
the 2009 HSBC Chilly Half Marathon & Frosty 5K may close early!



AWARDS:
• Awards will be presented following the Chili Party, at our new location.
• Overall Male and Female winners will receive cash courtesy Cedar Springs Pharmacy and prizes from Advanced Rejuvenation and dinner for two at Paradiso Restaurant.
• The overall male winner will receive a leather jacket courtesy of Coppley Apparel.
• Top 3 Overall Male/Female, and Top 3 Overall Masters Male/Female will receive Mizuno® running shoes plus dinner for two at Paradiso.
• 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.
• There is a limit of 150 walkers. They will still receive finishing medals and prizes in each 5 year age category.
• For all 3 events, first in each age category will receive dinner for two at Paradiso.
• There will be lots of age category prizes for the Half Marathon Run & Walk courtesy of Mizuno®, Paradiso, Advanced Rejuvenation, and The Running Room.
• Prizes for overall winners of all races and age category winners in the Chilly Half are provided by Mizuno®.
• Overall Male/Female and Overall Masters Male/Female in the 5k will receive prizes courtesy of Mizuno® and dinner for two at Paradiso.

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. (For special rates, mention group code "VRP", or visit: www.vrpro.ca.)

Plus, free shuttle bus service will be available from the hotels to and from the race start. Shuttle bus schedule and departure times will be posted at the expo.

CHILLY HALF FLEECE:
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 or www.runningroom.com
(Note: on-line processing fees will be added.
Entries are non-transferable/non-refundable.)

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

Register early on-line
@ www.vrpro.ca and check back
often for event updates!



2009 HSBC CHILLY HALF MARATHON & FROSTY 5K

Name: _____
Address: _____
City: _____
Province/State: _____ 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, 2008) \$55.00 (Dec. 1, 2008 - Feb. 1, 2009)
 \$60.00 (Feb. 2 - Feb. 15, 2009) \$70.00 (Feb. 16 - March 1, 2009)

5k Run Fee
 \$30.00 (Before Dec. 1, 2008) \$35.00 (Dec. 1, 2007 - Feb. 15, 2009)
 \$40.00 (Feb. 16 - March 1, 2009)
(Note: all fees are non-transferable and non-refundable.)

PASTA PARTY at Paradiso Restaurant sponsored by **OMNI FOOT CLINIC:**
 \$30.00 (including tax & tip) x Number: _____

CHILLY HALF MARATHON FLEECE: (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)