Meet John Stanton
John Stanton, the best-selling author on walking and running and the founder of the Running Room, entered his first 3K race in 1981. This out-of-shape, overweight beginner realized he had to change his lifestyle. He started to walk and run secretly before dawn so his neighbors couldn’t see this “chubby little guy” who could barely make it from lamp post to lamp post. He soon developed his signature run/walk combinations of 10 minutes and 1 minute. Over 25 years later, John has completed more than 60 marathons and hundreds of race events and triathlons, including the Canadian Ironman and the Ironman World Championship in Kona, Hawaii. His programs have helped over 600,000 people make it to the finish line, upright and smiling.

Penguin Canada has just published John’s newest book - Walking: A Complete Guide to Walking Fitness, Health and Weight Loss. John will be signing books and answering any questions you may have on running or walking while attending the store grand opening festivities.

Stoney Creek Grand Opening
6:30 pm Wednesday October 21st, 2009

The Running Room & Nick’s Kicks for Kids have teamed up to help under-privileged children

Stoney Creek Running Room
Unit 4005 -1791 Stone Church Rd. E
Stoney Creek, ON L8J 0B4
StoneyCreek@runningroom.com
(905) 578-2198

Free Practice Session Times
Wednesdays  6:30 p.m.
Sundays  8:30 a.m.
Runners & Walkers from beginner to advanced are all welcome!

Souvenir medals to be presented by
John Stanton and Nick Setta

To register, make a donation or get more information visit the Stoney Creek Grand Opening webpage at www.runningroom.com
Running Room Canada Inc. and Running Room (U.S.A.), Inc. (“Running Room”) is committed to respecting the personal privacy of our customers. All personal information held or collected by Running Room shall include, but is not limited to, all running, walking, cycling, swimming, physical fitness activities, pre-event and post event activities related thereto, competitions, demonstrations, instructional classes, seminars and reviews and all other such activities, events or services in any way provided, arranged, organized, conducted, sponsored, authorized or connected with or related to the Event Organizers. By my own behalf, any minor or third parties for whom I am registering, I agree that (a) we will abide by any decision of an Event official concerning our ability to safely participate, (b) I will 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; (c) we hereby consent to permit, and accept responsibility for emergency treatment in the event of injury or illness; (d) we understand if the Event cannot be held as scheduled, we may not be entitled to a refund of any money paid. As a condition of entering this Event, the Event Organizers, from any and all third parties for whom I am acting, waive and release Running Room Canada inc., Running Room (U.S.A.) Inc., and any associated or related entities, their directors, officers, employees, agents, representatives, sponsors, volunteers, and organizers (“Event Organizers”), from present and future claims and all liabilities of any kind, known or unknown, arising out of our 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. We agree that (a) the Event Organizers shall not be liable for any personal injury, death or property loss, and we release the Event Organizers and waive all claims with respect thereto, and (b) to hold harmless and indemnify the Event Organizers, from any and all liability from any property damage or personal injury to any third party resulting from my participation in the Event. We grant permission to Event Organizers to use or authorize others to use our personal information, including but not limited to, any photographs, images or documentation of our participation in this Event or related activities without remuneration being provided to us. We agree that the laws of the Province of Alberta shall apply to this registration and the exclusive jurisdiction shall be the Province of Alberta.

I represent and warrant (a) I am over eighteen (18) years of age, and that if I am registering a minor, that I am the parent or guardian of such minor; (b) if I am registering third parties, I have been duly authorized to act on behalf of such parties; and (c) that the terms of this registration shall apply equally to me, any minor and to any third parties for whom I am acting. The participation in the Event by a third party shall be their confirmation that I was acting as their agent.

I understand 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. “Event” shall include, but is not limited to, all running, walking, cycling, swimming, physical fitness activities, pre-event and post event activities related thereto, competitions, demonstrations, instructional classes, seminars and reviews and all other such activities, events or services in any way provided, arranged, organized, conducted, sponsored, authorized or connected with or related to the Event Organizers. By my own behalf, any minor or third parties for whom I am registering, I agree that (a) we will abide by any decision of an Event official concerning our ability to safely participate, (b) I will 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; (c) we hereby consent to permit, and accept responsibility for emergency treatment in the event of injury or illness; (d) we understand if the Event cannot be held as scheduled, we may not be entitled to a refund of any money paid. As a condition of entering this Event, the Event Organizers, from any and all third parties for whom I am acting, waive and release Running Room Canada inc., Running Room (U.S.A.) Inc., and any associated or related entities, their directors, officers, employees, agents, representatives, sponsors, volunteers, and organizers (“Event Organizers”), from present and future claims and all liabilities of any kind, known or unknown, arising out of our 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. We agree that (a) the Event Organizers shall not be liable for any personal injury, death or property loss, and we release the Event Organizers and waive all claims with respect thereto, and (b) to hold harmless and indemnify the Event Organizers, from any and all liability from any property damage or personal injury to any third party resulting from my participation in the Event. We grant permission to Event Organizers to use or authorize others to use our personal information, including but not limited to, any photographs, images or documentation of our participation in this Event or related activities without remuneration being provided to us. We agree that the laws of the Province of Alberta shall apply to this registration and the exclusive jurisdiction shall be the Province of Alberta.

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I have read this Waiver of Liability and Indemnity Agreement. I understand and accept its terms.

Signature ___________________________ Date: _______________________

(Parent/Guardian Signature if Entrant under 18)

Privacy Policy

Running Room Canada Inc. and Running Room (U.S.A.), Inc. (“Running Room”) is committed to respecting the personal privacy of our customers. All personal information held or collected by Running Room 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, 9750 - 47 Avenue, Edmonton, Alberta, Canada, T6E 5P3. To view our privacy policy visit web site: www.runningroom.com.

Date and Time: Wednesday October 21st, 2009 – 6:30 pm

Brief ribbon cutting ceremony immediately followed by the ‘Take it To The Streets’ Run / Walk for United Way

- All participants will receive a souvenir medal presented by John Stanton and Nick Setta
- 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

Location: Stoney Creek Running Room

Distances: 2.5K / 5K

Unit 4005, 1791 Stone Church Rd E

Entry Fee: $10.00

100% of the registration fee goes to United Way of Burlington and Greater Hamilton

Charitable Registration # 10746 2988 RR0001

To register, make a donation or get more information visit the Stoney Creek Grand Opening webpage at www.runningroom.com