

Special Thanks to Our Sponsors!



Driving growth



Accommodation in partnership with the Burlington Hotel Association visit www.vrpro.ca.

		\$ Pledged
Participant Name: _____		
Address: _____		
Name: _____	Address: _____	Tel: _____ Postal Code: _____
Name: _____	Address: _____	Tel: _____ Postal Code: _____
Name: _____	Address: _____	Tel: _____ Postal Code: _____
Name: _____	Address: _____	Tel: _____ Postal Code: _____
Name: _____	Address: _____	Tel: _____ Postal Code: _____
Name: _____	Address: _____	Tel: _____ Postal Code: _____
Name: _____	Address: _____	Tel: _____ Postal Code: _____
FOR OFFICE USE ONLY: amount received: \$ _____ receiver's initial: _____		Total:



5K Run, 8K Run & Double Crown (13K combination) 1k for Easter Seals



Helping Kids with Physical Disabilities Succeed

**Saturday, September 10th, 2011
Burlington, Ontario, Canada**

**For Registration or More Information,
Please Visit www.VRPRO.ca**

Appleby Pharmacy

Waterfront Trail

5K & 8K Run & Double Crown (13K combination)

1K for Easter Seals

When:

Saturday, September 10th, 2011
1K for Easter Seals starts at 8:00am
5K starts at 8:30am
8K starts at 9:30am
Double Crown 13K starts at 8:30am

Location:

The Waterfront Trail, Burlington, Ontario

Race Kit Pick Up & Registration

5K Run/Walk: \$30.00 until August 31st \$35 thereafter
8K Run/Walk: \$40.00 until August 31st \$45 thereafter
Double Crown 13K Run: \$55.00 until August 31st \$60 thereafter
1K for Easter Seals: \$20.00

Friday, September 9, 2011 11:00am - 4:00pm

Burlington Running Room
Unit 6C, Cumberland Square
3300 Fairview Street, Burlington, ON L7N 3N7
Ph: (905) 637-2932

Saturday, September 10, 2011 (Race Day)

7:00am - 8:30am
Emma's Backporch
Race day registration available during this time

Payment: Cheques, visa, mastercard and Amex may be sent to:
VR Pro, 561 Brant Street, PO Box 85030, Burlington L7R 4K3 or
drop off at any Running Room location.

**The first 300 registered participants will receive a FREE
T-Shirt! Sizes: S, M, L, XL.**

Finishing Medals to all finishers of the Double Crown.



Register online at www.vrpro.ca
Call 905-639-8053 or email: vrpro@sympatico.ca

Appleby Pharmacy is a Canadian; family owned independent Pharmacy servicing the community as well as group homes and Senior's apartments.

Our friendly and professional health care team are dedicated to providing you with the highest level of Pharmaceutical care. We offer many services including: Medscheck, Appleby's mediCare Pack (multi-dose compliance packaging), On site Blood Pressure Machine, Counselling, Health Events, Newsletters, Request Refills Online as well as Home Delivery. Whatever your Pharmaceutical needs are we are here to assist you! For more information on the services Appleby Pharmacy provides, please visit our website, www.applebypharmacy.com.

Appleby Pharmacy is open 7 days a week including holidays! We are conveniently located at the southwest corner of Upper Middle Road and Appleby Line. There is also an on site walk in clinic open the same hours.

We are thrilled to be partnering with VR Pro for the Waterfront Trail 5k,8k and Double Crown Event held along the beautiful shores of Lake Ontario in Burlington and sincerely appreciate you joining us and helping us reach our goal to raise over \$5,000 for Easter Seals Ontario.

Easter Seals began in 1922 with a vision to create a better life for children and youth with physical disabilities. Today, Easter Seals continues to offer programs and services to help these children achieve a greater level of acceptance and independence, such as financial assistance for mobility equipment and communication devices, fully accessible summer camp and funding for other summer recreational programs.

Easter Seals also provides families with access to information and resources, as well as public education and awareness.

Caroline Feeley is excited to be sponsoring the breakfast after the race at Emma's Backporch. Caroline is a runner and a REALTOR®. It takes focus, hard work, determination and perseverance to accomplish your real estate goals. Caroline is up to the challenge and will go the extra mile for you. Every journey begins with the first step. Good luck in your run and see you for breakfast! Connect with Caroline today at 647-400-1145 / cfeeley@royallepage.ca

Upcoming VR PRO Races:

The Meredith Hagan Inspiration Run: June 25th, 2011
Roseland Law Chambers Canada Day 5K: July 1st, 2011
The Eaton Downtown Dash 5K & 10K: July 14th, 2011
Heydonshore Hoedown 5K & 10K: July 23rd, 2011
Dundas Cactus 5K and 10K: August 21st, 2011
Children of Merendon Mountains: Aug 27th, 2011
B&O Yorkville Charity Run: Sept 18th, 2011
Minds in Motion KW Walking Classic: Sept 25th, 2011
Turkey Trot: Oct 16th, 2011
Hannukah Hustle: Nov 20th, 2011
Santa 5K Run - Vermont: Dec 4th, 2011
Santa 5K Run - Burlington: Dec 10th, 2011
Chilly Half Marathon & Frosty 5K: March 4th, 2012

*For more
information on our
upcoming races,
please visit our
website www.vrpro.ca*

Appleby Pharmacy Waterfront Trail Registration Form:

Name: _____ Phone Number: _____
Address: _____ Postal Code: _____
City: _____ Fax: _____ Email: _____ Sex: _____ D.O.B.: _____ PSN/BIB: _____
 5K \$30 until August 31st \$35 Thereafter 8K \$35 until August 31st \$40 Thereafter
 Double Crown (13K) \$50 until August 31st Double Crown (13K) \$55 Thereafter
 1K for Easter Seals \$20
Total: \$ _____ Visa Mastercard AMEX Cash Cheque Sorry no refunds!
Card Number: _____ Expiry Date: _____
Signature: _____
Instructions/Rules:
Please make cheques payable to VR PRO, Inc.
Mail to VR PRO, Inc., 561 Brant St., PO 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
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**

Signature of Parent/Guardian (if runner is under 18 years of age) _____ Runner's Signature _____
Date (month/day/year): _____ Date (month/day/year): _____