

How often we take for granted our precious sight...

The tenth annual 'Run for Retina Research' is an event developed to raise funds for research at the Ivey Eye Institute in London Ontario.

Thousands in our community and beyond suffer from genetic retina eye disorders such as Retinitis Pigmentosa, Best's Disease, Usher Syndrome, Coat's Disease, Age Related Macular Degeneration and Stargardt's Disease, a juvenile form of Macular Degeneration.

The impact of developing Macular Degeneration, at any age, is the devastation of the loss of personal independence and activity level as a result of this cruel impairment. The visual world gradually diminishes into a vague blur, making ordinary daily activities challenging or for some, impossible.



Participants will receive a Deluxe "Run for Retina" Technical Running Jacket Sponsored by Larry G. Myny CIBC Wood Gundy and New Era Grafix

ALSO

Each runner receives a custom "Run for Retina" medal sponsored by



Visit us online at www.runforretina.ca

Race Details

Fees

Race

1/2 Marathon walk/run	\$ 50
10K	\$ 45
5K	\$ 35
2.5K	\$ 35
1K Junior Racers	\$ 15

Registration on or before **MARCH 28** guarantees you a race jacket. Registration after March 28 will be on a first come first served basis until they run out.


Race Kit Pick-Up

Race kits may be picked up at The Running Room on Friday, April 9 and Saturday, April 10.

Facilities and Bag Check

Runners will have access to washroom facilities and bag check located near the start/finish line in Harris Park.

Water Stations

Water stations (including ) will be located along the half marathon, 2.5K, 5K and 10K routes.

Half Marathon Prizes

1st Male/Female medal engraved at no charge	\$ 150.00
2nd Male/Female medal engraved at no charge	\$ 100.00
3rd Male/Female medal engraved at no charge	\$ 50.00
1st Master Male/Female	\$ 50.00
1st 1/2 Marathon Walker	\$ 50.00
1st 10K Male/Female	\$ 50.00
1st 5K Male/Female	\$ 25.00

Pledge Prizes

Great Prizes will be awarded to the top 3 people who attain the largest pledge amounts.

Age Categories

12&Under, 13-19, 20-29, 30-39, 40-49, 50-59, 60+

1st, 2nd, & 3rd Male/Female will have their medal engraved with their accomplishment at No Charge.



Available again this year! Have your medal engraved!

Nothers is a proud supporter of the Run for Retina Research and we would like to offer you the opportunity to obtain a unique momento of your achievement. You will find our tent near the finish line, where we will be able to engrave your race time onto the "Run for Retina" medal you just received. It makes a great keepsake and a lasting memory of your accomplishment.

Race Application

Entrants are encouraged to register in advance online at www.runningroom.com, in person or by mail to The Running Room, 620 Richmond Street. In person or letter mail must include a signed entry form along with a cheque for the full amount payable to:

Run For Retina Research

c/o The Running Room
620 Richmond Street
London, ON N6A 5J9

NAME _____ AGE _____

ADDRESS _____

CITY/TOWN _____

PROVINCE/STATE _____ POSTAL CODE/ZIP _____

PHONE _____

E-MAIL _____

RACE: (please check one)

- Ford Keast - Half-Marathon Walk
- Siskinds - Half-Marathon Run
- Westgate Honda - 10K
- Scotiabank - 5K
- Mikalachki Investment Mgmt. - 2.5K Run/Walk
- Forest City Honda - Junior Racers

SEX: (please check one)

- Male
- Female

Date of Birth:

____ / ____ / ____
YR M D

JACKET ORDER: Gender Specific

(Men's and Women's cuts)

- Male
- Female
- Junior Racer (receive a t-shirt only - please choose Small, Medium or Large)

Size: X-Small Small Medium
 Large XL XXL

Note: X-Small (ladies only), XXL (men's only)

The Course

All races start and finish near the Pavilion in Harris Park. All courses are comprised of routes that use London's scenic park system and fitness trails.

All 1/2 marathon and 5K runners will proceed North/East along the river until they reach the turnaround in Gibbons Park, returning to Harris Park on the same route (where the 5K finishes and the 1/2M continues West).

10K runners proceed West directly from Harris Park, through the River Forks Park, past the London Regional Children's Museum, through the Greenway Park tunnel and along the Terry Fox Parkway, through Saturn Park until they hit the turnaround just past the Guy Lombardo Museum, returning to Harris Park along the same route. The half-marathoners will continue West making a loop through Springbank Park, then follow the same return route back East to Harris Park.



Finish Line Photos

Finish line photos will be taken the day of the event by Dream Catcher Photography. These will be available to purchase that day or from their website: dcpccanada.com

Friendship Run

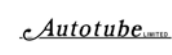
- Saturday morning

Want to ease that pre-race tension? Then join John Stanton, founder of the Running Room and Kim Spriet, founder of the Run for Retina for a short pre-race day run at The Running Room, 620 Richmond St. Saturday morning at 9:00 am.

For additional information please contact

The Running Room (519) 438-8550
www.runningroom.com

Corporate Sponsors



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