



The ARFL Report



BMO's 6th Annual A Run For Liane

Race Kit Pick Up

Location:

Metro Toronto Convention Centre, North Building, Hall C, 255 Front St. West

Dates / Times:

Friday, Sept 26 - 11 to 8
Saturday, Sept 27 - 10 to 6

Visit <http://www.marathonexpo.com/stwm/> for directions / information.

You (or a friend) must pick up your race packet (number, ChampionChip, t-shirt, goodie bag) at the Runner's Expo prior to race day.

Bring photo ID and (optional) a printout of your email registration confirmation.

If picking up for a friend, have a printout of their confirmation and permission note requesting this.

We will only be able to pick up kits for those who absolutely cannot make it to the Expo and have pre-arranged with Aleks or Jan.

Jan Forrester will be at the Charity Challenge Pick-up booth volunteering on Friday only.

Race Day Nutrition

~ Tony Denford—Visit <http://www.hittheroadrunning.com/>

The key to race day nutrition is to not try anything new. If you've been training with water on your long runs, then do the same on race day. If you've been using some energy replacement drink or gel during training then stick to the same on race day.

Race day or the few days leading up to the big race is not a time to try anything new. Stay with familiar foods that are good sources of carbohydrates.

For race day breakfast, the same rules apply. Don't try anything new and follow the same routine you did on your training runs. Eat at least one hour before the start and drink plenty leading up to the race.

The common advice you hear about race day hydration is 'drink early and often.' Many

people follow that advice without any issues but more studies are now coming forward suggesting you should drink when you are thirsty. Unless you're an elite athlete it's not going to make or break your race to follow either of those rules.

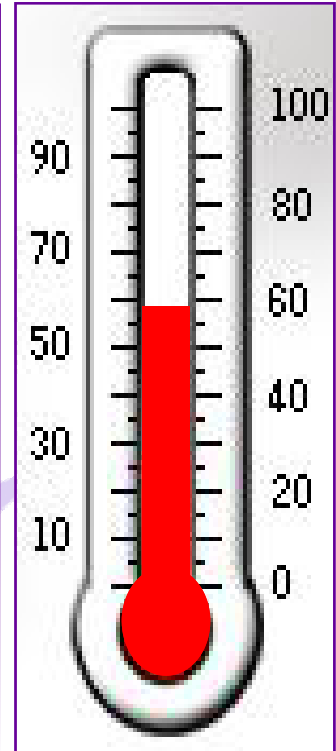
For a Half Marathon runner, the advice is slightly different from that of a Marathon runner. Half Marathon runners can train close to their goal distance, so they can run with their usual habits.

Marathon runners tend to train up to around 32K, so the last 10K is a bit of a mystery. They will need additional nutrition to avoid hitting the dreaded

wall. The reason most people used to hit the wall at around 20 miles is because most people have enough easily accessible stored energy for this distance and anything more means they are running on an empty fuel tank.

For Marathon runners, I would definitely recom-

mend some kind of gel or other fuel source but figure out how much and how often on your training runs rather than race day. One gel pack every 8 to 10K is usually enough, although the advice on the packet is usually higher.



Goal: **\$35,000**
Raised: **\$20,561**
Runners: **121**

59%
of goal
achieved



To request a presentation or more information, please contact jan.forrester@bmo.com



It's not too late to register...visit www.runforliane.com/

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New T-Shirts and Hats will be distributed prior to Race Day. We'll bring extras to the Run Expo and on Race Day.



A worthy cause...
In case you missed it, the BMO Corporate Media team got us a mention in August 21's Globe and Mail (B2) ... [A worthy cause](#). FYI – For those of you that may not know, Liane's dad, Bob, was not with Three Dog Night, he was in a Canadian band, [Steel River](#).

Generously supported by:



Race Day Parking

Consider parking at [SickKids Hospital](#). It's close and out of the way of road closures. Walk south on Elizabeth and enter Nathan Phillips Square from the north west end.



STWM Charity Challenge Awards

This year there are 3 top cash prizes in each category below to win:
1st = \$6,000; 2nd = \$3,000; 3rd = \$2,000.

Prizes are awarded to the team (based on standing at 12pm Friday, October 24th, 2008) with the:

- **most participants** (in any combination of events) (each runner/walker must raise at least \$10 to count)
- **largest amount of pledges** (total \$\$ raised)
- **largest amount of pledge dollars per participant** (a charity team must have a minimum of 10 participants).

We have won the \$5,000 prize for the most participants in 2003, 2004 and 2007! Keep your fingers crossed for this year! The prize money goes to SickKids Foundation-LFF.

Meet us on Race Day at the Friends and Family Zone

Before the race, meet at the "Friends and Family Zone" at the south end of Nathan Phillips Square, near the "A." We'll be there by 7. We recommend you be there ½ hour prior to your start time. After the race, stop by for your congratulatory Tim's coffee and muffins and to gloat about your amazing finish!

When Sunday, September 28, 2008

Where Scotiabank Toronto Waterfront Marathon Start & End @ Nathan Phillips Square

Start

7:30	- Marathon (42.2 km)
	- Half-Marathon (21.1km)
8:15	- 5 km Run/Walk/Wheelchair

Donations and Fundraising

STWM is offering a Chance to WIN 1 of 2 Luxury Trips to the Cayman Islands Marathon this December 2008. Charity Challenge runners who raise at least \$1,000 (online or offline) will be eligible. The odds are good - last year less than 200 people qualified! You and a guest will enjoy a week soaking up the sun on Seven Mile Beach, visiting fascinating attractions, running in the Cayman Marathon and of course, getting pampered afterwards for your efforts. The Marathon takes place during Cayman jazz fest so you'll hit a high note with fabulous nightlife and the smooth sounds of world-renowned musical performers! Winners will be drawn during the awards ceremonies on race day.

Donation collected online or verified (offline donations) automatically qualify your name for the draw. Make sure your offline pledges are in by Sept. 27!

Donations are Due!!!

...by **September 27, 2008** (noon) to have your name entered in the Cayman Islands draw (must raise \$1,000 or more to qualify).

...by **October 10, 2008** noon to qualify for one of our top fundraising prizes and to ensure our totals count towards the Charity Challenge Prizes.

Offline Donations

Make cheques payable to "Sick Kids Foundation LFF". (LFF = Liane Forrester Fund). Hand in to your team captain (**Jan / Angie / Sue / Deena**) or mail **forms and cheques** (only) directly to:

A Run for Liane
74 Wanita Road
Scarborough, ON
M1C 1V4

Participants who raise over \$500 (M & ½ M) or \$250 (5km) will have their race entry fee donated to Sick Kids (some conditions apply). Donations will occur in November. If you have any questions, contact *A Run for Liane* as noted below.