



THE *ARFL* REPORT

5th Annual **A Run For Liane**
Supporting the SickKids Foundation

August 2007

Volume 1, Issue 2

BMO's 5th Annual A Run for Liane

Sunday, September 30, 2007



Help us in the fight
against
childhood cancer.

Help us raise \$30,000 to
make our
5 year total \$150,000



You have until Sept 25 to register....

Thanks to those of you have already registered. If you haven't done so already, you have until September 25 to register [online](http://www.eventsonline.ca/events/crs_scotia/) at www.eventsonline.ca/events/crs_scotia/

Complete your personal information and:

1. Tick **Charity Challenge Runner** and select **A Run for Liane** from the drop-down box.
2. To get the preferred registration rate, in the **Special Event Coupon / Group ID Code / Charity Challenge team PIN** field, enter **stwmccdisc** (to pay by credit card).
3. Upon receipt of your email confirmation, email it to run@runforliane.com.
4. If you have any questions, call us at 416.282.5023.

Be part of a great event, have some
fun with your friends and help
support a good cause!

Team Update

(August 28, 2007):

Team members: 40

Donations: \$9817

The Joggler Update...

Michal Kapral will again be juggling at this year's STWM. But he's planning to keep things exciting by chewing gum during the entire 42.2-km joggle all the while attempting to beat Zach Warren's juggling record of 2:52:15!

Visit <http://thejoggler.blogspot.com> to find out more!



Generously supported by:



STWM Expo/ Race Kit Pick-up

You or a friend must pick up your race packet (your number, ChampionChip, t-shirt and goodie bag) at the Runner's Expo prior to race day. Bring photo ID and (optional) a **printout of your registration email confirmation**.

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

Location:

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

Dates / Times:

- Friday, September 28 - 11:00 to 8:00
- Saturday, September 29 - 10:00 to 6:00

www.torontowaterfrontmarathon.com
for directions and expo information.

We will not have a booth at this year's Expo. We will distribute team gifts in advance (we'll arrange by email) and will have a supply on race day in Metro Square (north east corner to the right of the stage / sitting area). Meet us there after 6:30 for pictures.

BMO employees - We will pick up kits for those at 120 BLRE / BMT / 302 Bay if you arrange with Jan Forrester in advance before Sept. 28.

Learn to Run /Walk Program

Big thanks to Tony for his help in promoting and organizing this. Unfortunately, we didn't have enough to make it work this year, but he's still available to do personalized training. If you need some last minute help, contact: **Tony Denford, PTS** at

Tony@hittheroadrunning.com / 647-882 9755.

For more information,
Contact: run@runforliane.com / 416-282-5023

Visit www.torontowaterfrontmarathon.com
and www.RunforLiane.com

STWM Details

| | |
|-------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| When: | Sunday, September 30, 2007 |
| Where: | Scotiabank Toronto Waterfront Marathon (STWM) <ul style="list-style-type: none">• a Boston qualifying race.• start / end at Metro Hall (near Roy Thomson Hall at John and Wellington) |
| Start: | 7:00—marathon / 1/2 marathon 7:45—5 km |
| Distances: | A distance for everyone... <ul style="list-style-type: none">• Marathon (42.2 km)• Half-Marathon (21.1km)• 5 km Run / Walk / Wheelchair |

Online Donations

Set up to collect online donations. Average online donations are higher than manual ones...and it's so easy!

1. Register for Online Donations

- Go to <https://secure.e2rm.com/registant/LoginRegister.aspx?EventID=10623&LangPref=en-CA>
- Click on **Register** (top left corner).
- Read and Accept the Waiver
- Add your personal information and customize My Donation Page or use default information.
- Confirm your setup. You will receive a Confirmation email once you are completed.

2. Solicit Donations

- Click on **Solicit Others** (left nav bar)
- Add an Optional personal message, if appropriate.
- Click on **Send E-mail** at the bottom of the page.
- <The painful part.> In the **To** field / box, enter the emails of the people you wish to solicit. Unfortunately, this is not an email system and you will have to cut and paste (or type) the email addresses.

