



THE *ARFL* REPORT

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

September , 2007

Volume 1, Issue 3

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

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.marathonexpo.com/stwm/
for directions and expo information.

We will not have a booth at this year's Expo. We will only be able to pick up kits for those who absolutely cannot make it to the Expo and have pre-arranged with Jan Forrester.

Team Update

(September 21, 2007):

Team Members: 78

Donations: \$18,934

Prize Distribution

Our team hats will be ready by Tuesday, Sept. 25 and we have a few t-shirts left over from last year. We will arrange to distribute them before the run (t-shirts only to first-time participants) and will bring any leftovers on Race Day.

**Remember to wear them
on Race Day.**

Good luck Michal!



Be sure to look for Michal:

- in a full-page Reebok ad in the current Running Room magazine
- at the Expo (Reebok booth) and
- **crossing the finish line at the STWM - juggling while chewing gum - anytime after 9:45 a.m.**

Visit <http://thejoggler.blogspot.com/> and send him words of encouragement.



Generously supported by:



Meet us on Race Day

Be sure to meet us in Metro Square - north east corner near the tree planter boxes south side of King close to the round washroom building (do we know how to pick the spots or what?).

Meet us there after 6:30 a.m. for pictures. We'll have extra running hats (this year's team prize) and some t-shirts.

Driving and Parking

You will need to drive or hitch a ride as there is no transit operating this early on Sundays.

We strongly recommend parking off Adelaide or Richmond; leaving after the run will be much less painful. Bring money for parking.

Note: The CIBC Run for the Cure is also on between 10 and noon. It starts at City Hall and goes north to Bloor (one block east and west of University).

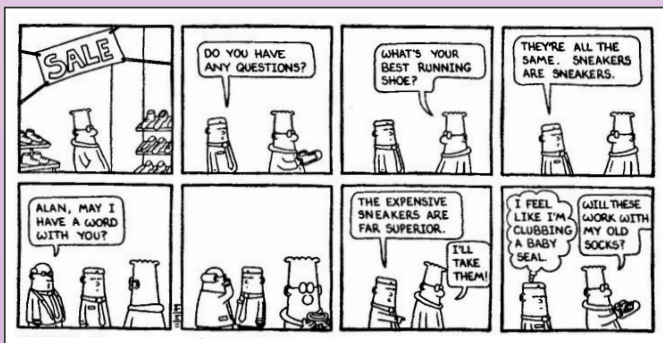


Donations are due...

October 5, 2007 by noon for you to qualify for:

- one of our top fundraising prizes and
- registration fee refund/donation* to SickKids.

**If we don't hear from you, a donation will be made to SickKids.*



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
Contact:	Jan's Cell: 416-844-6843

Fundraising and Offline Donations

Congratulations to all! We're at \$18,934 in online donations and sooooo close to our online goal of \$20,000. Now is a good time to send a friendly reminder to those who have promised, but have yet not made their donation. :-)

For those collecting manual donations, **please email jan.forrester@bmo.com with your total by Friday, Sept. 28** and make arrangements with Jan, Deena or Sue to hand in your donation sheet and money.

Cheques are payable to SickKids Foundation-LFF.

DO NOT HAND IN YOUR DONATIONS at the EXPO!

If necessary, bring them with you on Race Day.

Charity Challenge Prizes

The Charity Challenge is on! Our donation totals on October 19 will be used to qualify us for one of three \$5000 cash prizes.

- \$5,000 to the Official Charity with most participants.
- \$5,000 to the Official Charity with the largest amount of pledges (total \$\$ raised).
- \$5,000 to the Official Charity that raises the largest amount of pledge dollars per participant.

We won the prize fore the most participants in 2003 and 2004! Keep your fingers crossed for this year!

The prize money goes to SickKids Foundation-LFF.

