



# THE *ARFL* REPORT

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

June 2007

Volume 1, Issue 1

## BMO's 5<sup>th</sup> Annual A Run for Liane Sunday, September 30, 2007

Hope you all had a good year at work or school.

It seems like only yesterday that we saw you at the 2006 STWM and here it is

June. We look forward to seeing you all at this year's event.

We've been busy gearing up for the 5<sup>th</sup> Annual A Run for Liane which includes:

- a redesigned website
- a simplified **STWM / Run for Liane** registration process
- a new Learn to Run / Walk Program to get you going.

Visit [www.rememberliane.com](http://www.rememberliane.com) for complete details.



### The Joggler Joggles On....

Where does it end?

We were there when Michal smashed the Joggling record again in 2006 with a time of **2:57:53**. Zach Warren of Boston, that other joggler, again joggled his way to beat Michal's record in November. Zach's time was a stunning **2:52:15**.

Michal was more determined than ever to regain his title.

Michal's training included joggling the Longboat Toronto Island Race



(2007) where he joggled the **10K** to a record **36:27** – without a drop. Then again in March, he joggled **30K** at the Around the Bay Race and managed a record time of **1:54:44** with only four drops. Fast forward to the Salt Lake City Marathon (April 2007) where Michal and Zach met

up yet again to joggle ball-to-ball (sic!) together in a joggling duel rematch. Michal did about 35,000 catches and four

drops – not bad. He sprinted at the end and came in at **2:53:28** – “a personal best, the best I could have done, but one minute and 13 seconds shy of the record that I so desperately wanted. Just over 3 1/2 minutes later, Zach came across the line, looking probably much the same way I did when I finished: like burnt toast.”

Does Michal have another joggling marathon in him? Visit [TheJoggler](http://TheJoggler.blogspot.com) at [thejoggler.blogspot.com](http://thejoggler.blogspot.com) to find out...

Inside this issue:

Our **NEW** Website

Michael...

Learn to Run or Walk Program

### Learn to Run or Walk Program

- Training Schedule
- Beginners Training Manual
- Evaluation of your current fitness level
- Instruction on types of training, fitness, Strength and Conditioning from a certified Personal Trainer Specialist

For more info...



Generously supported by:



## Our *New* Website

Our dedicated webmaster, Harrison, worked diligently this winter (in between school assignments) to create a leaner and cleaner website. Final updates will be completed by mid-June when Harrison returns from doing a humanitarian stint building a school in Nairobi.

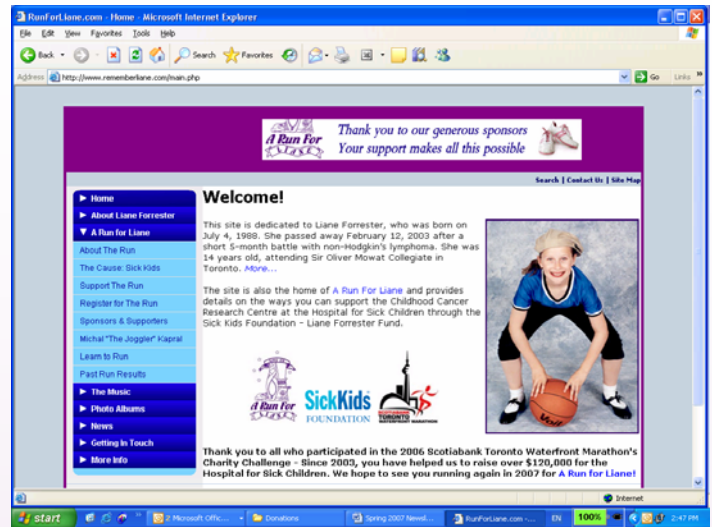
## Michael...

Hard to believe, but Michael (Liane's big brother) is graduating with a BSc in Molecular

Genetics in June and will be off to graduate school in the fall. He's on the waiting list for

Dalhousie Medical School, but is applying to Masters Programs just in case.

He sure keeps Bob and Janet motivated to continue working.



## Simplified STWM / Run for Liane Registration

Register for the run [online](http://www.eventsonline.ca) at:

[www.eventsonline.ca/events/crs\\_scotia/](http://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 one of the following:
  - stwmccdisc (to pay by credit card)
  - contact us for the code to pay by cash / cheque.
3. Upon receipt of your email confirmation, email it to [jan.forrester@rogers.com](mailto:jan.forrester@rogers.com)
4. If you have any questions, call us at 416.282.5023.

## New this Year! A Run For Liane 5K – Learn to Run or Walk Program (not Learn to Joggle Program)

Want to get fit while helping out a good cause? Join this beginner to advanced training program in your very own neighbourhood! The program will meet once a week for instruction and demonstrations followed by planned and monitored group runs or walks. This is a great way to stay connected while getting some training time in.



**Program dates:** Tuesdays  
7:30 p.m. - 8:30 p.m.,  
July 24 to September 25,  
2007

### What you get:

- Training Schedule
- Beginners Training Manual
- Evaluation of your current fitness level
- Instruction on types of training, fitness, Strength and Conditioning from a certified Personal Trainer Specialist
- Support of a group of people

- Race and training support to get you through those tough runs or walks
- Social events

**Cost:** \$70 for this series.

### Location:

Port Union Community Centre,  
5450 Lawrence Ave.  
Toronto ON  
M1C 3B2

### For information or to sign up, contact:

Tony Denford, PTS at  
[Tony@hitheroadrunning.com](mailto:Tony@hitheroadrunning.com) /  
647-882 9755

### or visit

[www.rememberliane.com](http://www.rememberliane.com) /  
416-282-5023



### Information / Registration Session:

Tuesday, July 17, 7:30 p.m. at Port Union Community Centre

ple to run with  
-Fundraising ideas