

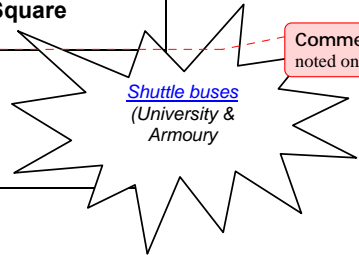


BMO's A Run for Liane in Support of SickKids Foundation

Be part of a great event, have some fun and help support a good cause.

STWM

When	Sunday, October 16, 2011
Where	Scotiabank Toronto Waterfront Marathon (STWM) <ul style="list-style-type: none"> a Boston qualifying race Nathan Phillips Square (Queen and Bay)
Start	9 a.m. - marathon / ½ marathon – Start / end at Nathan Phillips Square TBC - 5km - Start CNE / end Nathan Phillips Square
Distances	A distance for everyone regardless of experience or ability... <ul style="list-style-type: none"> Marathon (42.2 km) Half-Marathon (21.1km) and 5 km Run/Walk/Wheelchair 80% of the team participate in the 5 km Run/Walk. You can too!



Comment [jf1]: Still no time noted on their website.

Charity – SickKids Foundation

The money raised goes directly to the [Cancer Genetics Program](#), through the Sick Kids Foundation, in memory of Liane Forrester. In six years, *A Run for Liane* has raised **\$290,000** (average of **\$36,000** per year) including a charity challenge prize for the Largest # Runners in 2003, 2004, 2007 and 2008.

This year, help us raise \$35,000!

* Beginning this year, 95%* of the money raised goes directly to the Cancer Genetics Program and 5% will be allocated to assist with Foundation administrative costs.

Please join us and help in the fight against childhood cancer.

www.runforliane.com • (416) 286-6843 • run4liane@rogers.com



Why join?

Join our 2011 STWM team and you'll:

- be part of an exciting event that has 10,000 + participants
- be one of 100 team members
- run or walk **5 k / ½ marathon / marathon** for a good cause
- help us be eligible to win one of three charity challenge prizes (1st = \$6,000; 2nd = \$3,000; 3rd = \$2,000)
- receive a technical t-shirt - *This year ALL participants including the 5k get a technical t-shirt from STWM!*
- get a preferred STWM registration fee to October 10, 2011 (space permitting), if you register **online using the charity code**; otherwise, without the charity code, regular fees apply.

	Time	Charity Preferred Rates	Feb 1 to May 28	Jun 1 to Jul 31	Aug 1 to Oct 10
Marathon	TBC	\$79.10 incl. HST	\$85.00 plus HST	\$90.00 plus HST	\$95.00 plus HST
Half-Marathon	TBC	\$79.10 incl. HST	\$70.00 plus HST	\$75.00 plus HST	\$80.00 plus HST
5k Run / Walk	TBC	\$39.55 incl. HST	\$35.00 plus HST	\$40.00 plus HST	\$45.00 plus HST

Note: Fees are payable to Canada Running Series for operating this run. This fee does not go to the charity.

*** If participation limits not reached:** Marathon=4500; Half-Marathon=10000; 5k=7500.

NO RACE DAY ENTRY for any events

Note: The above fees are Canadian \$, for Canadians. US & International runners go to link below to marathonguide.com, for fees in US\$ (same deadlines)

AGE LIMIT: Half Marathon = 16 years on race day

AGE LIMIT: Marathon = 18 years on race day

Other benefits include:

- pay no additional fee to join our team
- free *A Run for Liane* Team gift (minimum \$60 donation required)
- raise over \$700 (M & ½ M) or \$350 (5km) and your race entry fee is donated to Sick Kids (some conditions apply)
- a chance to win a prize if you are one of our top fundraisers
- enjoy race day support
- high school students can qualify for **5** community service hours.

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Step 1 - Run Registration

[Click here to register and pay online.](#)

- Select **SickKids Foundation – A Run for Liane** from the **Scotiabank Group Charity Challenge** drop-down menu.
- In the **Special Event Coupon, Group ID Code, or Scotiabank Group Charity Challenge PIN Code** field, enter: **11SGCC**.
Without the code you will not be able to complete the registration as a charity runner and the regular STWM rates will apply.

Note:

- This year you need to enter a user name and password (but not sure why).
- On the Confirmation page, it suggests that you can “be forwarded directly to your selected charity fundraising page.” This is not yet working properly and just seems to hang. Continue to [Step 2](#).

If you need help or need to register in paper, please [contact us](#) or phone (416) 286-6843.

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Step 2 - Collecting donations

You can collect donations either online or by paper (or both!).

<p>Online method:</p> <p>Click here to register with Sick Kids Foundation to electronically solicit and receive donations.</p> <p>This will allow you to:</p> <ul style="list-style-type: none"> • set up your own web page to solicit donations and collect pledges electronically • send automatic electronic thank-yous and tax receipts • track your progress. <p><i>Note: For more information, see how to set up and solicit online donations below.</i></p>	<p>Paper method:</p> <ul style="list-style-type: none"> • Print a donation form • Collect money / cheques the old fashioned way (please make cheques payable to "Sick Kids Foundation LFF"). <i>LFF = Liane Forrester Fund.</i> • Mail forms and cheques directly to: A Run for Liane 46 Elkwood Drive Scarborough, ON M1C 2C1 • Please do not mail cash. Buy a money order or deposit cash to your account and write one cheque for the cash amount (payable to "Sick Kids Foundation LFF").
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Participants who raise over \$700 (M & ½ M) or \$350 (5km) will have their race entry fee donated to Sick Kids (some conditions apply). Donations will occur in November.

If you have any questions about fundraising, contact *A Run for Liane* at: (416) 286-6843 or run4liane@rogers.com

Step 3 – Team Registration

To complete step 2, simply forward the Scotiabank Toronto Waterfront Marathon **confirmation email** that you received after completing the online registration to run4liane@rogers.com.

To do this, open the email that you received from STWM, push the **Forward** button on the message window, enter the email address above, then push **Send**. It's that easy!

By doing this you will allow us to confirm the information is correct and it will ensure that you will successfully be registered with *A Run for Liane*.

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How to Set up and Solicit Online Donations

1. Register with [Sick Kids Foundation](#) to electronically solicit and receive donations:
 - a) Returning participants – Log in using your previous Username and Password. If you have any questions or require assistance, please [contact us](#) (Fundraise, SickKids Foundation).
 - b) New participants -
 - Click on **Register** (top left corner).
 - Read and Accept the Waiver.
 - Add your personal information.
 - Customize My Donation Page or use default information.
 - Confirm your setup.
 - You will receive a Confirmation email once you are completed.

2. Solicit Donations (using their system):
 - Click on **Solicit Others** (left nav bar)
 - <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.
 - Add an Optional personal message, if appropriate.
 - Click on **Send email** at the bottom of the page.

Note: Solicit Donations using your own email system by ticking the box presented. This site will not be able to track your solicitations.



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Run Expo and Race Day 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: [RUN EXPO](#): Direct Energy Centre, Exhibition Place,
100 Princes Blvd., Toronto, ON, M6K 3C3.

Dates / Times:

- Friday, October 14 from 11:00 a.m. to 8:00 p.m.
- Saturday, October 15 from 10:00 a.m. to 6:00 p.m.

See [Getting there](#) for directions, parking rates, and information on Shuttle buses available.

A Run for Liane will distribute team gifts (t-shirt and/or hats) separately.

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