

JORDAN 5 km and 1 km RUN for



Please sponsor my run on April 10th , 2010
and support children with special needs in Niagara

Participant's full name: _____

I plan to run ____ 5km ____ 1km for Red Roof Retreat.

I am participating in the Jordan 5km/1km Run. All funds raised will help support respite and recreational programs for children with special needs at Red Roof Retreat. Please make cheques to Red Roof Retreat. All contributions over \$10 will receive a tax-deductible receipt.

Thank you!

Name of Sponsor	Address	Phone number	Pledge	paid
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Welcome to the first Run for Red Roof Retreat

On Saturday, April 10th, 2010



This run is in association with Instride Productions annual Jordan 5km and 1km run. This is a fun and fit activity for children and adults. Sign up for the 1km run if its your first time. Children with special needs are encouraged to come out and run, or walk/run. Those who can't run and are in wheelchairs, can be pushed in their wheelchairs by loved ones. This is all about children and caregivers alike reaching for their personal best. Set realistic goals for yourself and/or your kids, based on age and development. Drinks will be provided, and each student will receive a token of participation.

Our goal is to raise \$5000.00. These are much needed funds to run our weekend respite program, as well as our horseback riding and other recreational programs for children with special needs. You can help children with special needs in your community, while at the same time help yourself and your family to become healthy and fit. Its a win-win! We're hoping to make this a yearly event, and encourage you and your family to get involved. Thank you very much for your participation!

Here is what you need to do:

1. First, you need to register for the Jordan 5km or 1km run. This can be done online at: https://eventsonline.ca/events/instride_jordan/ . It costs \$30 to participate in the 5km and \$12 for the 1 km run. T-shirts will be given to all participants registering **before March 28th**, and snacks will be provided to every participant after the run.
2. You can either donate to Red Roof Retreat directly on the registration page, or you can download a pledge form and collect pledges for your run.
3. Participants may start collecting pledges as soon as they receive the pledge sheets, which can be downloaded right on the events online site, or on Red Roof Retreat's website www.redroofretreat.com .
4. Participants should collect all pledges before the run. Receipts will be issued by *Red Roof Retreat* for all donations over \$10.
5. Please return pledge sheets with the money at the Jordan Run itself, on April 10th, at the Red Roof Retreat information table. You can also mail in to **Red Roof Retreat, 1594 Concession 6, RR#2, Niagara-on-the-Lake, L0S 1J0.**
6. Please arrive for race kit pickup between 8:00 and 9:30am, and to drop off pledge forms and money collected. The 1km run will start at 9:30, and the 5km event will start at 10:00.
7. We encourage everyone to start their training now, and have fun with it. For training tips, you can check out websites like www.personalrunningtrainer.com.
8. For more details and any other information about the run, please visit www.instride.ca.

For questions or concerns, or to volunteer, **call Steffanie or Laurie at 905-684-0235**. You can also get more information on our website at www.redroofretreat.com .

We look forward to running with you!