Pledge Form continued...

FIRST NAME	LAST NAME	ADDRESS	CITY	POSTAL CODE	PLEDGE	TOTAL PLEDGES	TOTAL REMITTED

If your pledges exceed $100 your race fee will be waived

Release, Waiver and Indemnity

Participants must return their chips to receive medal. Runners who do not return chips will be charged $55.

In consideration of the acceptance of my application and the permission to participate as an entrant or competitor in 'Run for Retina Research', and any or all of the following events: Half Marathon, 10K, 5K, 2.5K, Junior Racer, post-race activities on April 15, 2007 or any other Run For Retina Research activities that take place prior to or after the event, I, for myself, my heirs, executors, administrators, successors and assigns, hereby release, waive and forever discharge, The Corporation of the City of London, all sponsors and contributors and all other associations, sanctioning bodies and sponsoring companies, and all their respective agents, officials, servants, contractors, representatives, elected and appointed officials, successors and assigns of and from all claims, demands, damages, costs, expenses, actions, causes of action, whether in law or equity. In respect of death, injury or loss or damages to my person or property however causes, arising or to arise by reason of my participation in the said event, whether as a spectator, participant, competitor or otherwise, whether prior to, during or subsequent to the event, and notwithstanding that the same may have been contributed, or occasioned by, the negligence of any of the aforesaid. I further hereby undertake to hold and save harmless and agree to indemnify the aforesaid from and against any and all liability incurred by all of them as a result of, or in any way connected with, my participation in the said event.

By submitting this entry I acknowledge having read, understand and agree to the above waiver, release and indemnity.

NAME (PLEASE PRINT)

SIGNATURE (PARENT OR GUARDIAN IF UNDER 18)

DATE

Please detach and return with collected pledges.

The Course

All races start and finish at John Labatt Pavilion in Harris Park.

All runners proceed north to 1/2 Marathon and 5K runners proceed North/east at which point the route enters London's park system/fitness trails. Runners continue through the scenic park system to the turn arounds in Gibbons Park, returning to Harris Park on the same course (where the 5K finishes and the 1/2M continues West).

10K runners head west through the River Forks Park, past the London Regional Children's Museum, through the Greenway Park tunnel and along the Terry Fox Parkway, to Saturn Park where the 10K turns to return to Harris Park. The half-marathon continues completing a full loop of Springbank.

The return route follows the outbound course, finishing at Harris Park.

A Shot On Site Digital Photography

Finishline Photos

Finish line photos will be taken the day of the event by A Shot On Site Digital Photography. These will be available to purchase that day or from their website: ashotonsite.com

VOLVO
Volvo of London
Authorized Volvo Cars Retailer

Volvo of London Friendship Run
- Saturday morning.

Want to ease that pre-race tension? Then join John Stanton, renowned author and founder of the Running Room, and your pace bunnies for a short pre-race day run at the Running Room, 620 Richmond St. Saturday morning at 9:00am. Followed by a "Back Bacon on a Bun" breakfast sponsored by Volvo of London.

For additional information please contact
The Running Room (519) 438-8550
www.runningroom.com

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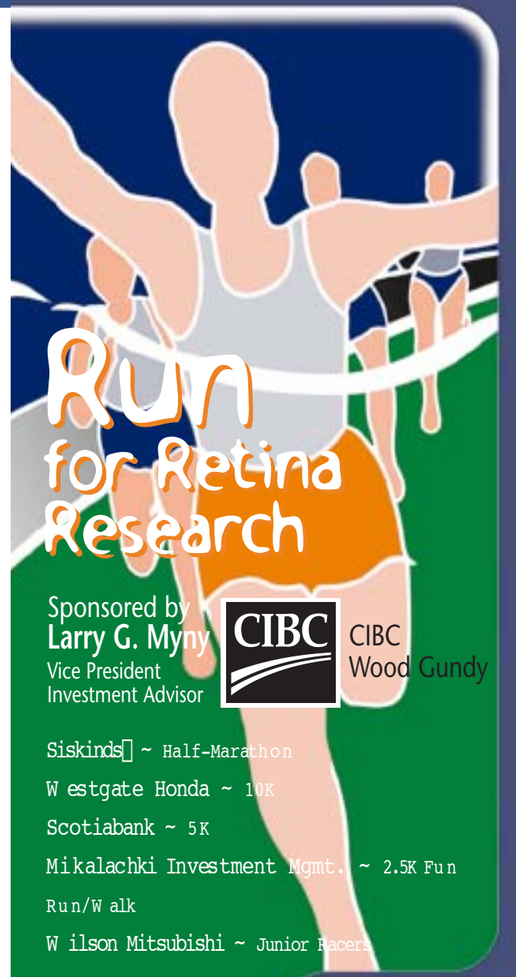

Run for Retina Research

Sponsored by
Larry G. Myny
Vice President
Investment Advisor
CIBC Wood Gundy

Siskinds ~ Half-Marathon
Westgate Honda ~ 10K
Scotiabank ~ 5K
Mikalachki Investment Mgmt. ~ 2.5K Fun Run/Walk
Wilson Mitsubishi ~ Junior Racers

Sunday
April 15, 2007

RUN FOR RETINA RESEARCH

How often we take for granted our precious sight...

The fifth annual 'Run for Retina Research' is an event developed to raise funds for research at the Ivey Eye Institute in London Ontario.

Thousands in our community and beyond suffer from genetic retina eye disorders such as Retinitis Pigmentosis, Best's Disease, Usher Syndrome, Coat's Disease, Age Related Macular Degeneration and Stargardt's Disease, a juvenile form of Macular Degeneration.

The impact of developing Macular Degeneration, at any age, is the devastation of the loss of personal independence and activity level as a result of this cruel impairment. The visual world gradually diminishes into a vague blur, making ordinary daily activities challenging or for some, impossible.

Participants will receive a Deluxe "Run for Retina" Running Vest - Sponsored by Larry G. Myny CIBC Wood Gundy

*Run Vests are limited to the first 800 entrants (Junior racers are not eligible)

ALSO

Each runner receives a custom "Run for Retina" medal sponsored by Alcon CANADA The Vision Leader

Visit us online at www.runforretina.ca

Race Details

Fees

Register online by March 30th and get a chance to win a prize.

Race	Up to and including March 30th	After March 30th
1/2 Marathon	$ 45	$ 50
10K	$ 35	$ 45
5K	$ 30	$ 35
2.5K	$ 30	$ 35
1K Junior Racers	$ 10	$ 10

Race Kit Pick-Up

Race kits may be picked up at The Running Room on Thursday, April 12th, Friday, April 13th and Saturday, April 14th. **Vest may not be available on race day for walk-up registrations.*

Changing Facilities and Bag Check

Runners will have access to change room and washroom facilities and bag check located near the start/finish line in Harris Park.

Water Stations

Water stations (including eload) will be located along the half marathon, 2.5K, 5K and 10K routes.

Half Marathon Prizes

1st Male/Female	$ 150.00
2nd Male/Female	$ 100.00
3rd Male/Female	$ 50.00
1st Master Male/Female	$ 50.00
1st 10K Male/Female	$ 50.00
1st 5K Male/Female	$ 25.00

Pledge Prizes

1. 2 Tickets - John Labatt Centre performance and dinner for 2
2. 2 Tickets - Grand Theatre performance and dinner for 2
3. 2 Tickets - Centennial Hall performance and dinner for 2

NOTHERS

Available for the first time!
Have your medal engraved!

Nothers is a proud supporter of the run for Retina Research and we would like to offer you the opportunity to obtain a unique momento of your achievement.
You will find our tent near the finish line, where we will be able to engrave your race time onto the "Run for Retina" medal you just received. It makes a great keepsake and a lasting memory of your accomplishment.

Race Schedule

Thursday, April 12th, 2007
7pm – 9pm
Race kit pick-up, The Running Room, 620 Richmond St.

Friday, April 13th, 2007
10am – 7pm
Race kit pick-up, The Running Room, 620 Richmond St.

Saturday, April 14th, 2007

9am VOLVO Volvo of London Friendship Run with John Stanton
10am – 5pm
Race kit pick-up, The Running Room, 620 Richmond St.

Sunday, April15th, 2007
7:30am – 9:30am
Race kit pick-up and late registration at Harris Park

1. 9:15am SISKINDS THE LAW FIRM Half-Marathon
   All participants receive a medal.
2. Westgate Honda 10K
3. 9:30am
   All participants receive a medal.
4. 9:45am Scotiabank 5K
   All participants receive a medal.
   MIM
   9:50am Mikalachki Investment Management 2.5K Run / Walk
5. *All participants receive a medal.*
   10am Junior Racer 1K
   All participants receive a t-shirt and medal.

Ford Keast LLP Chartered Accountants

Runners will be provided with food and beverages thanks to the great people at Ford Keast, L&H Smith Fruits, Tim Hortons (Wonderland Rd. North) and Sobeys.
Runners must be present to win draw prizes.

Race Application

Entrants are encouraged to register in advance online at www.runningroom.com, in person or by mail to The Running Room, 620 Richmond Street.
In person or letter mail must include a signed entry form along with a cheque for the full amount payable to:

Run For Retina Research
c/o The Running Room
620 Richmond Street
London, ON N6A 5J9

NAME _____ AGE _____

ADDRESS _____

CITY/TOWN _____

PROVINCE/STATE _____ POSTAL CODE/ZIP _____

PHONE _____

E-MAIL _____

RACE: *(please check one)*

- ❑ Siskinds' Half-Marathon
- ❑ Westgate Honda 10K
- ❑ Scotiabank 5K
- ❑ Mikalachki Investment Management 2.5K Run/Walk
- ❑ Wilson Mitsubishi Junior Racers

SEX: *(please check one)*

❑ Male ❑ Female

DATE OF BIRTH: ___ / ___ / ___ (YR / M / D)

Running Vest Size: *(please check one)*

Unisex sizing

❑ Small ❑ Medium ❑ Large ❑ Extra Large

Pledge Form

Please make cheques payable to 'Run for Retina'. Please remit pledges in person at the registration table on race day, or in advance on April 12th, 13th, and 14th at The Running Room, 620 Richmond Street. Thank you for your support!

Participant's Name

FIRST NAME	LAST NAME	ADDRESS	CITY	POSTAL CODE	PLEDGE

Tax receipts available for pledges exceeding $ 10