

SPONSORS and DONORS



Vancouver Whitecaps



Course Description:

There will be two untimed course options:

1. The 5 km race will start at 11:00 am. This course is on a combination of paved and trail terrain and may not be suitable for some types of wheels.
2. The 1 km race will start at 11:15 am. The majority of this course is on pavement and suitable for a variety of wheels.

Both races will start and end outside of the South Bonson Community Centre located at 10932 Barnston View Road, Pitt Meadows. ***Rollerblades not recommended.***

Ridge Meadows Association for Community Living

11641 - 224th Street Maple Ridge BC V2X 6A1
604.467.8700

www.rmacl.org

Ridge Meadows Association for Community Living (RMACL) is a not-for-profit organization providing services and support for people with developmental disabilities, children at risk of developmental disability or delay and their families. Active in the Maple Ridge, Pitt Meadows and Katzie communities since 1958, we provide services to over 750 children, adults and families.

Associated Programs:

Child and Youth Services

Infant Development
Aboriginal Infant Development
Supported Child Development
Aboriginal Supported Child Development
Family Support
Residential Services/Respite Care
Child and Youth Programs
Behaviour Intervention

Adult Services

Residential Services
Home Sharing
Skill Development Programs
Specialized Supports
Respite Care
Employment Support

Volunteers:

If you are interested in volunteering at this event please contact:

Kevin Austin: 604-467-8700

Ridge Meadows Association for Community Living's

Fourth Annual



Sunday May 28, 2017

South Bonson Community Centre
10932 Barnston View Road
Pitt Meadows, BC

REGISTER TODAY!

10:45 am - Warm up Starts

11:00 am - **5 Km Run Walk'n Roll Starts**

11:15 am – **1 Km Run Walk'n Roll Starts**

12:00 pm - Prize & Raffle Presentations and
Outdoor Games

Ridge Meadows  association for
community living

Registration Information

Fees:

Child (0–12)	\$5
Self-Advocate/RMACL Staff/Senior (65+)	\$15
Adult (13+)	\$20
Group (max 5 ppl)	\$60
Corporate (max 20 ppl)	\$200

Note: All children must be accompanied by an adult

*Sorry, no refunds will be issued

T-Shirts and other swag are available for pre-order purchase or purchase on the day of the run.

How to Register:

In Person or By Mail:

Complete the Registration Form and Submit to:
Ridge Meadows Association for Community Living
Attention: Run Walk'n Roll Committee
11641 - 224th Street Maple Ridge BC V2X 6A1

Online:

Online registration available at:
www.events.runningroom.com

Registration Information:

- ✓ Online registration will close **May 26, 2017**
- ✓ Day of event registration is available from 9:30 am-10:30 am (please have your registration form filled out). Note: Cash or Credit accepted

Donation & Pledging Information

How to:

Donate/Pledge online @

www.giving.runningroom.com

If you are searching for an athlete to sponsor, click on **Pledge An Athlete**.

- ✓ To donate directly to RMACL, click on **Donate To A Charity**
- ✓ Create your own personal home page to support RMACL's charitable cause. **Click on Raise Funds** to begin! Or Donate/Pledge by using the form that is attached to this brochure and submit directly to RMACL
- ✓ Donations over \$20 will receive a tax receipt

Pledging Rewards:

Prizes will be awarded to the following:

- ✓ 0-12 yr. old who raises the most money
- ✓ 13-18 yr. old who raises the most money
- ✓ Adult who raises the most money

Team Pledge Challenge: We encourage you to challenge your coworkers, friends, family, other agencies or businesses in the community to meet or beat your pledge!

Proceeds:

All funds raised at this event will be used to enhance our Family Support Program.

All community members are welcome at this event! If you do not wish to run, please donate/pledge and come out to support the participants. Bring a picnic lunch that you can enjoy with your family, friends and community members!

Release and Waiver - Run Walk'n Roll 2017

By registering for the Run Walk'n Roll 2017, I (We) acknowledge that participating in the event is a potentially hazardous activity. I (We) will assume any and all risks associated with this event and agree to hold harmless Ridge Meadows Association for Community Living, it's sponsors and partners and all others connected with this event. By registering this entry, I (We) acknowledge having read this release and waiver, and by accepting a race number accept its terms.

Registration Form - Register Now!

Please submit completed registration form to RMACL Head Office

Name:	
Address & Postal Code:	
Phone #:	
Email:	
<input type="checkbox"/> 1km <input type="checkbox"/> 5 km	
<input type="checkbox"/> Child <input type="checkbox"/> Self-Advocate/RMACL Staff/Senior <input type="checkbox"/> Adult <input type="checkbox"/> Family/Team	
2nd Participant Name:	
<input type="checkbox"/> 1 km <input type="checkbox"/> 5 km	
<input type="checkbox"/> Child <input type="checkbox"/> Self-Advocate/RMACL Staff/Senior <input type="checkbox"/> Adult <input type="checkbox"/> Family/Team	
3rd Participant Name:	
<input type="checkbox"/> 1km <input type="checkbox"/> 5 km	
<input type="checkbox"/> Child <input type="checkbox"/> Self-Advocate/RMACL Staff/Senior <input type="checkbox"/> Adult <input type="checkbox"/> Family/Team	
4th Participant Name:	
<input type="checkbox"/> 1km <input type="checkbox"/> 5 km	
<input type="checkbox"/> Child <input type="checkbox"/> Self-Advocate/RMACL Staff/Senior <input type="checkbox"/> Adult <input type="checkbox"/> Family/Team	
5th Participant Name:	
<input type="checkbox"/> 1km <input type="checkbox"/> 5 km	
<input type="checkbox"/> Child <input type="checkbox"/> Self-Advocate/RMACL Staff/Senior <input type="checkbox"/> Adult <input type="checkbox"/> Family/Team	

T-Shirts and other Swag available for purchase!

Payment must accompany registration form:

Cheque Cash Visa MasterCard

Name on Card: _____

Card Number: _____/_____/_____/_____

Expiry Date: _____/_____/_____ Amount: \$_____

**Please makes cheques payable to RMACL*

