

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.





DILLY
says...
*"I'll be there!
Will you?"*

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Running Room



WALKING



WALKING



Ridge Meadows Recycling Soci

Ridge Meadows Association for Community Living

11641 - 224th Street Maple Ridge BC V2X 6A1
604-467-8700
www.rmacl.org

Associated Programs:

Child and Youth Services

Infant Development
 Aboriginal Infant Development
 Supported Child Development
 Aboriginal Supported Child Development

Family Support

Respite Care

Child and Youth Programs

Behaviour Intervention

Adult Services

Residential Services

Skill Development Programs

Specialized Supports

Respite Care

Employment Support

If you are interested in **volunteering** at this event please contact: Taru Tamminen:
604-467-8700.

Course Description:

There will be two course options:

- a) The 5 km race will start at 9:30am. This course is on a combination of paved and trail terrain and may not be suitable for some types of wheels.
- b) The 1.5 km race will start at 9:45am. The majority of this course is on pavement and suitable for a variety of wheels.

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

Ridge Meadows Association for Community Living's First Annual



Sunday
 May 25
 2014

Ridge Meadows
 association for community living

FUNdraiser!

Sunday May 25, 2014

South Bonson Community Centre
 10932 Barnston View Road
 Pitt Meadows BC V3Y 2M5

REGISTER TODAY!

- 9:15am - Warm up starts
- 9:30 am - 5 Km Run Walk'n Roll starts
- 9:45 am - 1.5 Km Run Walk'n Roll starts
- 11:00 am - Prize presentations
- 11:30 am - Lunch available for purchase

Registration Information

Fees:

Child (0–12)	\$5
Adult (13+)	\$25
Senior (65+)	\$20
Family (max 5 people)	\$65

*Sorry, no refunds will be issued

Note:

All children must be accompanied by an adult.

How to Register:

By Mail:

- Ridge Meadows Association for Community Living
- Attention: Run Walk'n Roll Committee
- 11641 - 224th Street Maple Ridge BC V2X 6A1

In Person:

- Drop off at RMACL's Head Office
(11641 – 224th Street Maple Ridge)

Online:

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

Registration Information:

- First 100 registrations will receive a small gift with their registration package.
- Register by: May 12th 2014 to receive an event t-shirt and race package.
- Online registration will close May 19th 2014
- Day of event registration is available from 8:00 - 8:30am (please have your registration form filled out.)

Donation & Pledging Information

How to:

Donate/Pledge online at:

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 \$25 will be tax receipted.

Pledging Rewards:

Prizes will be awarded to the following:

- 0-12 year old who raises the most money
- 13-18 year 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 ongoing programs and services offered by RMACL.

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. Lunch will be available for purchase followed by family fun activities!

Registration Form – Register Now!

Please submit completed registration form to RMACL Head Office.

Name:	
Address & Postal Code:	
Phone #:	
Email:	
<input type="checkbox"/> 1.5 km <input type="checkbox"/> 5 km	
<input type="checkbox"/> Child <input type="checkbox"/> Adult <input type="checkbox"/> Senior <input type="checkbox"/> Family	
* Youth or Adult <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> 2XL <input type="checkbox"/> 3XL	
2nd Participant Name:	
<input type="checkbox"/> 1.5 km <input type="checkbox"/> 5 km	
<input type="checkbox"/> Child <input type="checkbox"/> Adult <input type="checkbox"/> Senior <input type="checkbox"/> Family	
* Youth or Adult <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> 2XL <input type="checkbox"/> 3XL	
3rd Participant Name:	
<input type="checkbox"/> 1.5 km <input type="checkbox"/> 5 km	
<input type="checkbox"/> Child <input type="checkbox"/> Adult <input type="checkbox"/> Senior <input type="checkbox"/> Family	
* Youth or Adult <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> 2XL <input type="checkbox"/> 3XL	
4th Participant Name:	
<input type="checkbox"/> 1.5 km <input type="checkbox"/> 5 km	
<input type="checkbox"/> Child <input type="checkbox"/> Adult <input type="checkbox"/> Senior <input type="checkbox"/> Family	
* Youth or Adult <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> 2XL <input type="checkbox"/> 3XL	
5th Participant Name:	
<input type="checkbox"/> 1.5 km <input type="checkbox"/> 5 km	
<input type="checkbox"/> Child <input type="checkbox"/> Adult <input type="checkbox"/> Senior <input type="checkbox"/> Family	
* Youth or Adult <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> 2XL <input type="checkbox"/> 3XL	

* **T-shirt sizing:** Circle Youth or Adult **AND** indicate size:
Youth sizes: S,M,L,XL • Adults sizes: S,M,L,XL,2XL,3XL

Payment must accompany registration form:

Cheque Cash Visa MasterCard

Name on Card: _____

Card Number: _____/_____/_____/_____

Expiry Date: _____/_____ Amount: \$ _____

*Please make cheques payable to RMACL

