

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.



Volunteers:

If you are interested in volunteering at this event please contact: Kevin Austin: 604-467-8700.

**Ridge Meadows Association
for Community Living**

11641 - 224th Street Maple Ridge BC V2X 6A1
604.476.8700
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

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 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 not recommended.***

**Ridge Meadows Association
for Community Living's**

Second Annual
Run Walk'n Roll

FUNDRAISER!



Sunday May 24, 2015

South Bonson Community Centre
10932 Barnston View Road
Pitt Meadows BC

REGISTER TODAY!

9:15am - Warm up starts

9:30 am - 5 Km Run Walk'n Roll starts

9:45 am - 1Km 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 ppl) Family/Team	\$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 8, 2015 to receive an event t-shirt and race package.
- Online registration will close May 18, 2015
- Day of event registration is available from 8:00 - 8:30am (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 \$25 will be tax receipted.

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 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!

Release and Waiver - Run Walk'n Roll 2015

By registering for the Run Walk'n Roll 2015, 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"/> Adult <input type="checkbox"/> Senior <input type="checkbox"/> Family/Team	
* 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	
2 nd Participant Name:	
<input type="checkbox"/> 1 km <input type="checkbox"/> 5 km	
<input type="checkbox"/> Child <input type="checkbox"/> Adult <input type="checkbox"/> Senior <input type="checkbox"/> Family/Team	
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<input type="checkbox"/> Child <input type="checkbox"/> Adult <input type="checkbox"/> Senior <input type="checkbox"/> Family/Team	
* 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 makes cheques payable to RMACL