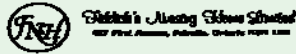


Proudly Sponsored by:

Gold Sponsors



Recognition also goes to our many silver sponsors.

Proceeds from this event will benefit the **Bluewater Health Foundation**.

These funds will be used to purchase leading edge technology and equipment for our new hospital to enhance patient care and support our dedicated health professionals.



Pledge Sheet		\$ Pledged
Name:	Participant Name:	
Address:	Address:	Postal Code:
Tel:	Tel:	
Name:	Participant Name:	
Address:	Address:	Postal Code:
Tel:	Tel:	
Name:	Participant Name:	
Address:	Address:	Postal Code:
Tel:	Tel:	
Name:	Participant Name:	
Address:	Address:	Postal Code:
Tel:	Tel:	
Name:	Participant Name:	
Address:	Address:	Postal Code:
Tel:	Tel:	
Name:	Participant Name:	
Address:	Address:	Postal Code:
Tel:	Tel:	
FOR OFFICE USE ONLY: Amount Received: \$ _____ Receiver's Initial: _____		Total:

Please add another sheet if more space is required. Please print clearly so that tax receipt may be issued as required (donations over \$10).

Chiropractic Spinal Health Week

5K Run/ 3K Walk Charity Event

Saturday May 2, 2009
10:00 a.m.
Canatara Park, Sarnia



CHIROPRACTIC SPINAL HEALTH WEEK

5th Run / 3th Walk



RACE DAY HIGHLIGHTS:

- Special Guest •

Canadian Olympic Runner

Nate Brannen

attending the event to speak with participants,
sign autographs & present prizes!



(www.natebrannen.com)

- **Live Radio Remote Coverage (99.9 Fox FM)**
- **Lambton Chiropractic Society Tent** - opportunity to speak with local chiropractors about prevention of walking/running injuries & enhancing your "spinal health"
- **On-site Chiropractic Treatment Tent** - available for event participants
- **Post-Race BBQ (Seaway Kiwanis Group)**

PRESENTED BY:



www.lambtonchiropractors.ca

EVENT INFORMATION:

Event: 5K Run / 3K Walk

Location: Canatara Park—Sarnia, ON

Date: Saturday May 2, 2009

Time: 10: 00 a.m.

RACE KIT PICKUP & CHARITY PLEDGE COLLECTION:

Thursday, April 30th 4-8pm

Friday, May 1st 4-8pm


*Sarnia Running Room-Lambton Mall
1380 London Road, Sarnia*

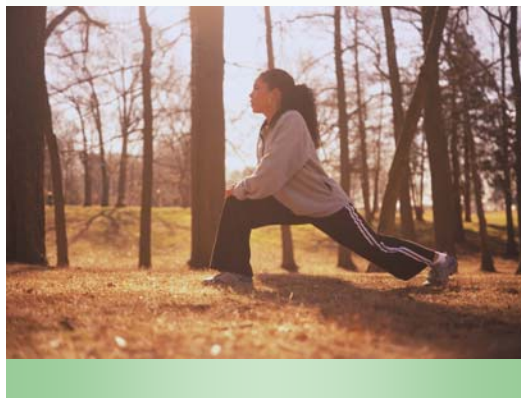
LAST MINUTE REGISTRATION & RACE KIT PICKUP:

Saturday, May 2nd (Race Day)

8-9am ONLY

Canatara Park

 Register on-line @
www.runningroom.com



2009 SPINAL HEALTH WEEK

5K RUN/ 3K WALK

REGISTRATION FORM

Name: _____

Address: _____

City: _____

Postal Code: _____

Telephone: _____

E-mail: _____

T-Shirt Size: *** size guaranteed only
to participants registered by April 18th, 2009.

Small Medium Large Extra Large

REGISTRATION FEES:

\$20 (Until April 18th, 2009)

\$30 (Late / Race Day Registration)

TOTAL PAID: \$ _____

CASH CHEQUE (non-refundable)

Participant Waiver & Release of Liability:

I am participating at my own risk and waive all claims of every nature against the organizers, officials, sponsors, and any other participating agencies in respect to any personal loss, illness, bodily injury or death resulting in participation in these activities.

I acknowledge that I am in proper physical condition to participate in this event and acknowledge that participation could, in some circumstances, result in physical injury. I have signed this release voluntarily.

Signature: _____

(signature of parent/guardian if under 16 years of age)

Date: _____

** registration will not be processed until waiver is signed*