

## Donation, Fundraising Information

### Personal Donation

Cash or cheque donations, made payable to the BC Cancer Foundation/Run Inn the Woods, can be mailed or dropped off at The Run Inn, 2236 West 41st Ave., Vancouver, B.C. V6M 1Z8.

### Pledge Sheet Donation

Pledge sheets can be downloaded from [www.bccancerfoundation/runinthewoods](http://www.bccancerfoundation/runinthewoods)

Pledge sheets and collected pledges and donations can be dropped off at

The Run Inn, 2236 West 41st Ave., Vancouver, B.C. V6M 1Z8.

### Personal Fundraising Page

1. Create your personal page by adding a message and uploading a photo. A default page has already been created but feel free to personalize it with your own story and photo.

2. Create your address book - add the names and email addresses of people you plan to contact. You can upload from Outlook or add addresses manually.

3. Send an email and invite co-workers, friends and family to support you. There are a number of email templates already created for different purposes including recruiting additional team members, requesting donations, thanking donors, following up with prospects, announcing results, etc. You can also create and send emails with any message you create yourself. In fact, we encourage you to change and personalize the email templates that have already been created.

4. Follow up with those who have not responded and keep people posted on you achievements and race results.

## Bring your friends and family for a NO FRILLS RUN

- no race number
- no official timing
- no results

## But there will be....

- a pleasant route through the Pacific Spirit Park trails
- good company
- breakfast at The RUN INN after the run

## Special Thanks to:

Moore's Bakery

Stong's

Bean Around the World, Dunbar



# Run Inn the Woods

12<sup>TH</sup>  
Anniversary

Sunday, November 29<sup>th</sup>, 2009

8 Km Run

3 Km Walk

All proceeds to



**BC Cancer Foundation**  
Supporting research & care at BC Cancer Agency

# The Story

The Run Inn The Woods started twelve years ago as a memorial run for our good friend Barry Allcock who passed away in 1997 after a long battle with cancer. Barry loved to run and enjoyed the outdoors no matter what the weather. More importantly, he loved to run while in the company of a good group of friends.

On August 15, 2002 another good friend, Carrie Beaman, died of neuroendocrine cancer at twenty-four years of age. She did a lot in her short life and promoted happiness and wellness to everyone. Carrie worked as a fitness and health coordinator for the Richmond Fitness Association and was well on her way to a degree in Human Kinetics at UBC. She lived to learn and learned to live. Her family is extremely proud of what she accomplished and we are honoured to include Carrie's name in the spirit of our run.

We invite you to share Barry and Carrie's spirit of running and in doing so support the BC Cancer Foundation. We ask that you invite a friend to join you for a run or walk through the UBC Endowment Lands. In keeping with tradition, breakfast and good company will be served at The Run Inn following the event.

# Event Information

**Date:**

**Sunday, November 29, 2009  
8:30am Run Start**

**Start/Finish:**

Southlands Elementary School  
5351 Camosun Street  
Vancouver, BC

**Breakfast to follow the event at:**

The Run Inn  
2236 West 41st. Ave  
Vancouver, BC  
604-267-RUNN (7866)

**Registration Information:**

1) Complete the attached registration form

Mail or drop off at:

The Run Inn  
2236 West 41st Ave.  
Vancouver, BC V6M 1Z8  
604-267-RUNN (7866)

2) Day of race registration at tent outside

Southlands Elementary School

# Registration Form

Registration is by donation to the



**BC Cancer Foundation**  
Supporting research & care at BC Cancer Agency

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Province \_\_\_\_\_

Postal Code \_\_\_\_\_

Phone \_\_\_\_\_

e-mail \_\_\_\_\_

Donation Amount \$ \_\_\_\_\_

Donations should be made payable to:

**BC Cancer Foundation, Run Inn the Woods**

\* Tax receipts issued for donations of \$20 or more

**Waiver (Must be signed)**

In consideration of the Organizers accepting this entry, I hereby for myself, my heirs, executors and administrators, waive and release any and all right and claim for damages of any sort I may have against the Organizers and Sponsors, their agents, representatives, successors, and assigns, for any and all injuries suffered by me at this Event, or damages sustained by me as a result of this Event for any cause whatsoever, including negligence. It is expressly understood by the undersigned that this Event is entered into at the sole risk of the undersigned and that the Organizers and Sponsors of the Event are exempt from liability for any and all damages sustained and any and all injury and loss, including personal and property loss arising from any cause whatsoever, including negligence.

\_\_\_\_\_  
**Runner's/Walker's Signature:**

(Parent's signature if under 19)

\_\_\_\_\_  
**Date:**