



# The ARFL Report



## BMO's 8<sup>th</sup> Annual A Run For Liane



Hi everyone. I hope all of you have been enjoying our wonderful spring. Some of you may even have started your training a bit earlier than usual!

As for us, we're all set up and raring to go for the BMO 8th annual A Run for Liane (ARFL). With the help and support of BMO employees we have raised over \$255,000 for the Cancer Genetics Program at the Hospital for Sick Children, and we're hoping to top \$300,000 this year. To do this, the ARFL team is again participating in the Scotiabank Toronto Waterfront Marathon Charity Challenge along with 100

other charity teams. Over the past seven years, we have won a Charity Challenge prize (**Largest # of Runners / Walkers**) four times, and we're aiming for number 5 this year!

The STWM is a world-class event that just keeps getting better every year. For experienced runners, it is a scenic, flat and fast course allowing participants to reach a personal best or qualify for the Boston marathon. There is also a half-marathon and the more popular (for our team anyway) 5 kilometer walk/run. Whether you are an experienced runner or just

need motivation to get off that couch, there's a distance for everyone.

Online Training and Running Room Official Training Clinics for STWM are available at 40 locations across Ontario & Quebec. Check out the [Training](#) page on the STWM website for more information.

Let's give it all we've got this year and show STWM that BMO employees and their families and many friends are ready for another great Charity Challenge. Looking forward to seeing you all again on Sunday, September 26, if not before!

### Reminders

#### 5k Start is at the CNE

The end is at Nathan Phillips Square (NPS). The marathon and 1/2 M start and end is NPS.

*Shuttle buses will be available on University just north of Queen.*



### 2011 - One marathon in spring, one in fall

In case you hadn't heard, the organizers of the two fall mara-

thons and the City of Toronto have come to an agreement.



Both the STWM and the GoodLife Toronto Marathon will still be held this fall.

Beginning in 2011, the GoodLife Toronto Marathon will move to the

spring and the Scotiabank Toronto Waterfront Marathon continue to operate in the fall.

This is great news for Toronto, for marathon runners and for our local charities; all with less negative impact on business and residents.

To request a presentation or more information, please contact [jan.forrester@bmo.com](mailto:jan.forrester@bmo.com)



100% of the money raised goes directly to the Cancer Genetics Program through the Sick Kids Foundation, in memory of Liane Forrester.

A Run for Liane has raised \$255,000 for childhood cancer research.



Help us in the fight against childhood cancer.  
Help us raise \$45,000 to top \$300,000!

## Registration

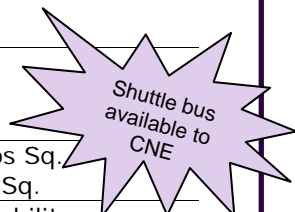
### Online

- Ensure you tick **Charity Challenge Runner** and select **A Run for Liane**.
- In the **Special Event Coupon / Group ID Code / Charity Challenge Team PIN** field, enter **CCDISC**. (Without the code you will not be able to complete the registration as a charity runner and the standard STWM rates will apply.)
- Send your email confirmation to [run@runforliane.com](mailto:run@runforliane.com)



## The Run

When	Sunday, September 26, 2010
Where	<a href="#">Scotiabank Toronto Waterfront Marathon (STWM)</a> - a Boston qualifying race - Nathan Phillips Square (Queen and Bay)
Start	7:30 - M and 1/2 M - Start and end at Nathan Phillips Sq. 10:20 - 5km - <b>Start at CNE</b> . End at Nathan Phillips Sq.
Distances	A distance for everyone regardless of experience or ability... - Marathon (42.2 km) - Half-Marathon (21.1km) and - 5km Run/Walk/Wheelchair 80% of the team participate in the 5km Run/Walk. <i>You can too!</i>



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## Donations

### Online

- This will allow you to:
- set up your own web page to solicit donations and collect pledges electronically
  - send automatic electronic thank yous and tax receipts
  - track your progress.

### Paper Donation Form

- Collect money / cheques the old fashioned way (please make cheques payable to "Sick Kids Foundation LFF"). LFF = Liane Forrester Fund.
  - Mail forms and cheques directly to:  
*A Run for Liane*  
46 Elkwood Drive  
Scarborough, ON M1C 2C1
- Please do not mail cash. Buy a money order or deposit cash to your account and write one cheque for the cash amount

Participants who raise over \$650 (M & 1/2 M) or \$350 (5km) will have their race entry fee donated to Sick Kids (some conditions apply). Donations will occur in November. If you have any questions, contact A Run for Liane at (416) 286-6843, [run@runforliane.com](mailto:run@runforliane.com) ([jan.forrester@bmo.com](mailto:jan.forrester@bmo.com) / [sue.forrester@ontario.ca](mailto:sue.forrester@ontario.ca))