

The ARFL Report



BMO's 9th Annual A Run For Liane



Race Expo and Packet Pick Up

You or a friend must pick up your race packet (your bib number, ChampionChip, t-shirt and goodie bag) at the Runner's Expo prior to race day. Bring photo ID and **your Bib #** (will be emailed to you and posted on the online confirmation list and will be available for look up at the Expo). If picking up for a friend, have their Bib #, a printout of their **registration email confirmation** and **email permission** note requesting this.

Location: Direct Energy Centre, CNE

Friday, October 14 – 11 a.m. to 8 p.m.

Saturday, October 15 – 10 a.m. to 6 p.m.

Good TTC access and parking..

Shuttle Bus from the Fairmont Hotel - 100 Front Street West, Tor, M5J 1E3
Loading Zone: West side of the building, near Benihana.

After registering and picking up your chip and number, plan to look round the Exhibition. There are a multitude of speakers and exhibitors showing and selling everything from socks to global navigation devices to the latest niche products .

THERE WILL BE ABSOLUTELY NO RACE KIT PICK-UP ON RACE DAY.

New start times and locations

Marathon & 1/2 marathon

NEW start time: 9:00 a.m.

NEW Start Line for Marathon & Half (minor tweak). Now on University at QUEEN at 9am (2 short blocks North of last year's Start).

5k

New start time: 12:00 p.m.
Direct Energy Centre (DEC)

Start Line on Newfoundland Drive, just south of DEC (formation area in Parking Lot #1, opposite DEC. 50m from last year's start).

Shuttle Buses available from 10 to 11:30 a.m. on Richmond just west of University to Exhibition Place for the 5k start.

New for 2011

- **New start times and locations**
- **New finish line and after party**



Race Day Parking

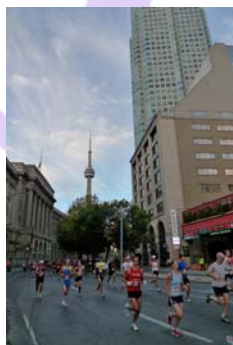
Consider parking at [SickKids Hospital](#). It's close and out of the way of road closures. Walk south on University start at Queen (marathon and 1/2 marathon) or to catch the Shuttle Bus (5k).



Baggage Check

Baggage Check (bags/coats) will be available on University near the marathon start or 5k shuttle bus. Cost is \$2 per bag.

IN SUPPORT OF
SickKids
FOUNDATION



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 \$290,000 for childhood cancer research.



ARFL team update

of participants = 60

Marathon = 7
1/2 marathon = 15
5 k = 38

Donations

Goal = \$35,000
To date = \$12,500
or 35% of our goal

Meet us at the Family & Friends Meeting Zone

Direct Energy Centre: Look for us in the white with purple logo t-shirts near the **A** and be ready to smile for the camera! Call or text Jan's cell phone 416-844-6843 or email run4liane@rogers.com if you get lost.

Arnell Plaza at Bay & Adelaide: Be sure to meet back at the Family & Friends Meeting Zone near the **A**. We'll be there with a sign from 12:30 p.m. with Tim Horton's coffee/tea and timbits like always! Group pictures will be taken.

New Finish Line (all three distances)

NEW Finish line - still on Bay Street but now at Bay & King (~500m south of last year; still in heart of our Official Hotels, AND you don't have to do that last 600m up the slope of Bay Street anymore!).

NEW post-race party area in ARNELL Plaza – a great space, just East of Bay, between Adelaide and Scotia Plaza – some activities will also be at Scotia Plaza.

Donations are due noon Friday, October 28, 2011

....to qualify for one of our top fundraising prizes and to ensure our totals count towards one of 9 Charity Challenge Prizes.

Top 3 in each category win: 1st = \$6,000; 2nd = \$3,000; 3rd = \$2,000

Most participants • Largest amount of pledges

• Largest amount of pledge dollars/ participant

Participants who raise over \$700 (M & ½ M) or \$350 (5km) will have their race entry fee donated to Sick Kids (some conditions apply). Donations will occur in November.

Keep up the good work...we're still a long way from our goal!