



ABOUT THE RACE...

Race highlights

- ◆ Commemorative t-shirt for the first 2,000 registrants
- ◆ Awards and prizes for participants and fundraisers
- ◆ Low-impact aerobic warm-up from 9 a.m. – 9:15 a.m. suitable for all ages
- ◆ Race kits
- ◆ Free refreshments for participants

Course

- ◆ Starts at 9:30 a.m. at Metro Hall, 55 John Street
- ◆ 1k walk
- ◆ MonsterMortgage.ca 5k run
- ◆ Nissan Canada Foundation 5k walk
- ◆ Single loop, marshalled paved course – each kilometre marked

Celebrate the 20th anniversary of the Toronto Challenge presented by MonsterMortgage.ca

5k run, 5k walk and 1k walk

The Toronto Challenge presented by MonsterMortgage.ca is a family event that raises money for non-profit organizations that improve the quality of life for seniors in your community. Sign up and take the Challenge! Just complete and send in this application to begin raising funds and participating in this great cause.

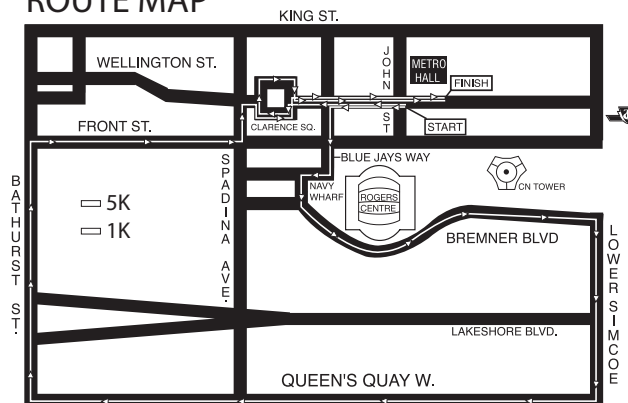
As a participant in the Toronto Challenge, enjoy a timed 5k run, 5k walk or 1k walk through downtown Toronto. You will receive a team t-shirt and a chance to win prizes, and you'll be invited to the post-race celebration and ceremony in Metro Square. You can help encourage others to take the Challenge by inviting family and friends to join you!

The Toronto Challenge celebrates physical activity and community spirit. Whether you want to set a record in the MonsterMortgage.ca 5k run, power walk with your family in the Nissan Canada Foundation 5k walk, or are just out for some casual exercise with friends in the 1k walk, this event is suitable for all ages and abilities.

Funds raised at the Toronto Challenge go directly to community programs that help seniors. You decide where to direct the money you raise: Choose from dozens of community organizations or dedicate your fundraising efforts to Toronto Long-Term Care Homes and Services. The Toronto Challenge supports projects and groups that improve the quality of life for seniors in many different ways, such as providing home support and independent housing, renovating a seniors' facility, providing transportation services, offering recreation programs and purchasing large print books.

On Sunday, June 12, 2011, come out and run or walk in the Toronto Challenge and enjoy this fun-filled family event that gives so much to seniors across Toronto.

ROUTE MAP



Free baggage check available

Items must be picked up by 11:00 a.m.

First Aid Stations

First aid stations will be available at the start/finish line.

T O R E G I S T E R

Mail the registration and waiver form to:

The Toronto Challenge
11th Floor, Metro Hall, 55 John Street
Toronto, ON M5V 3C6

OR

Drop it off at Running Room stores:
Beaches, 1977 Queen Street East
Commerce Court, 33 Wellington Street West
High Park, 2100 Bloor Street West
2629 Yonge Street

The deadline to pre-register is
Saturday, June 4, 2011.

OR

Register on race day at Metro Hall,
55 John Street from 7:30 a.m. to 9 a.m.

OR

Register online at:
www.events.runningroom.com Race ID is 6338

Entry fee:

Adults 15 – 64: \$20
Seniors: \$10
Disabled: \$10
Children 14 and under: \$10
Family: \$40 (2 adults & 2 children or 1 adult & 3 children)

Please make registration cheques payable to
Treasurer, City of Toronto.

TO PICK UP YOUR RACE KIT

If you are pre-registered you can pick up your race kit in advance at the following locations and times:

- ◆ Running Room, High Park location
2100 Bloor Street West, Unit 3, Toronto
June 9 & 10, noon – 7 p.m.
June 11, 10 a.m. – 4 p.m.
- ◆ On race day at Metro Hall, 55 John Street,
from 7:30 a.m.

PRIZES, PRIZES, PRIZES!

Individual awards for the MonsterMortgage.ca 5k run will be presented to the first, second and third place male and female overall and in each age category. For the 1k and Nissan Canada Foundation 5k walks, we'll be presenting special awards to the oldest and youngest participants. Award presentations will be held at Metro Hall (55 John Street) beginning at roughly 10:45 a.m. on race day. We'll also be giving out exciting prizes to the top fundraisers. To qualify for fundraising prizes, funds must be remitted no later than July 8, 2011. Income tax receipts are available for donations of \$10 or more.

TORONTO CHALLENGE

Presented by
MonsterMortgage.ca

OFFICIAL REGISTRATION FORM

For office use only		Personal Bib No.		Monster Mortgage.ca		TORONTO	
Last Name							
First Name							
Name of Organization							
No. and Street				Apt.			
Town/City				Prov./State			
Postal/Zip Code				Tel. # () -			
Sex		Age		Email			
Event t-shirt size: Youth <input type="checkbox"/> Medium <input type="checkbox"/> X-Large <input type="checkbox"/> (if left blank, XL given)		1K Walk <input type="checkbox"/>		Nissan Canada Foundation 5k Walk <input type="checkbox"/>		MonsterMortgage.ca 5K Run <input type="checkbox"/>	

*Please check this box to be entered into a draw to Win a FREE MORTGAGE PAYMENT from MonsterMortgage.ca

PLEASE MAKE CHEQUES FOR REGISTRATION PAYABLE TO: TREASURER, CITY OF TORONTO

Please return this form to: The Toronto Challenge, 11th Floor, Metro Hall, 55 John Street, Toronto ON M5V 3C6

RELEASE, WAIVER AND INDEMNITY

IN CONSIDERATION of the acceptance of my application and the permission to participate as an entrant or competitor in the TORONTO CHALLENGE on JUNE 12, 2011.

I, for myself, my heirs, executors, administrators, successors and assigns, HEREBY RELEASE, WAIVE AND FOREVER DISCHARGE the City of Toronto, the Toronto Police Services Board, the Toronto Police Service, the Members of the Toronto Police Service Auxiliary Program, the Chief of Police, the Toronto Transit Commission, and all other associations, sanctioning bodies and sponsoring companies, and all their respective agents, officials, servants, from all claims, demands, damages, costs, expenses, actions and causes of action, whether in law or equity, in respect of death, injury, loss or damage to my person or property HOWSOEVER CAUSED, rising or to arise by reason of my participation in the said event, whether as a spectator, participant, competitor or otherwise, whether prior to, during or subsequent to the event, AND NOTWITHSTANDING that same may have been contributed to, or occasioned by, the negligence of any of the aforesaid.

I FURTHER HEREBY UNDERTAKE or HOLD AND SAVE HARMLESS and AGREE TO INDEMNIFY all of the aforesaid from and against any and all liability incurred by any or all of them as a result of, or in any way connected with, my participation in the said event.

I FURTHER HEREBY GIVE the City of Toronto permission to photograph, videotape, make an audiotape of, film and/or interview either myself or the child named below, and to publish said photographs, videotapes, audiotapes, films and/or interviews in City of Toronto publications/material, including marketing and promotional materials, and the City of Toronto official Web site for current and future use.

The photographs (including negatives), videotapes, etc. shall constitute the exclusive property of the City of Toronto and may be reproduced by the City and anyone it has authorized, without compensation or payment to the individual(s) concerned or any other person.

BY SUBMITTING THIS ENTRY, I ACKNOWLEDGE HAVING READ, UNDERSTOOD AND AGREED TO THE ABOVE AGREEMENT WAIVER, RELEASE AND INDEMNITY. I WARRANT that I am physically fit to participate in this event.

PRINT NAME	Signature	Date	2011
(if under 18 yrs. of age, parent or guardian to sign below)			
PRINT NAME (parent or guardian)	Signature	Date	2011

The personal information on, or in accordance with, this form is collected under the authority of sections 8 and 136 of the City of Toronto Act, 2006, section 3 of the Homes for the Aged and Rest Homes Act and Chapter 937-3 of the City of Toronto Municipal Code.
The information is used to process an individual's registration, including payment of fees, collection of outstanding fee amounts, provide notification of upcoming programs, issue tax receipts for the Toronto Challenge 2011, and to otherwise contact participants as required. The personal information collected through audiovisual means as indicated above will be collected for use in City of Toronto publications/material, including marketing and promotional materials, and the City of Toronto official Web site concerning City of Toronto Fundraising and Volunteer Programs.
*Note: if consent has been indicated, personal information will be collected for the purpose of providing personal information to MonsterMortgage.ca on your behalf.
Questions about this collection can be directed to the Manager, Fundraising and Volunteer Programs, 416-392-8489, Metro Hall, 55 John Street, 11th floor, Toronto, ON M5V 3C6.



For more information or pledge forms, call the Challenge Hotline at (416) 392-8911 or e-mail us at challenge@toronto.ca