



**IF YOU CAN'T WALK OR RUN,
BECOME A VOLUNTEER!**
To volunteer, please complete the Online Volunteer Registration form on our website FATHERSDAYRUN.ca or email dottfordad@theprostatecentre.info or call 1-888-788-4645.

COLLECT ONLINE DONATIONS OF \$500 OR MORE BEFORE MAY 1, 2009 AND YOU COULD WIN A \$1,000 SHOPPING SPREE FROM MARK'S WORK WEARHOUSE!

All registered participants will receive a free event t-shirt.

Children 12 and under are free, but are still encouraged to fundraise.

On June 21, the registration fee is \$35. Up to and including June 20, the registration fee is \$25. Submit \$100 or more in donations and your registration fee will be waived.

FEES

- 1 Visit FATHERSDAYRUN.ca
- 2 Complete the registration or donation form and mail to the address above by Wednesday, June 17.
- 3 Complete the registration or donation form and take it to preregistration at the Running Room (1008 Douglas Street, Victoria, BC) on Friday, June 19 from 4:30 to 6:30 pm or Saturday, June 20 at The Prostate Centre from 12 noon to 4 pm.
- 4 Complete the registration or donation form and take it to the Registration area on Event Day.

4 SIMPLE WAYS TO REGISTER OR DONATE

Our online registration system makes signing up quick and easy! You can create your own personal fundraising page, learn tips on fundraising, track your team and personal fundraising progress, and your donors will receive instant tax receipts when they donate online.

Register Online at FATHERSDAYRUN.ca

IT'S EASY TO SIGN UP!

THANK YOU TO OUR GENEROUS SPONSORS



National Sponsors



Local Sponsors



AIR CANADA



Certain conditions apply. Please visit FATHERSDAYRUN.ca.

RAISE DONATIONS, EARN GREAT PRIZES!
Join Air Canada's Father's Day Walk/Run Fundraising Challenge and you could win a trip for 2 to any Air Canada destination. Each participant who submits \$2,000 or more on or before Sunday, June 21, 2009 will be entered in a draw to win a trip for 2.

Please – No Bikes, Blades or Boards.

Suite 100-1900 Richmond Road, Victoria, BC V8R 4R2

Main In Registration: The Prostate Centre

at 1-888-788-4645.

Hotline: For more information, please call the hotline

Walk/Run! Parking is free.

Admission Fee to Participate: in the Safeway Father's Day located directly below Hatley Castle. There is NO Royal Roads **Transportation and Parking:** Available in parking lot

kids entertainment and more!

Special Notes: In addition to the national team and individual incentive prizes, The Prostate Centre in Victoria gives SPECIAL TOP COLLECTOR PRIZES for the top three teams and the top three individuals. Top team prize is a trip for eight to beautiful Sun Peaks Resort staying at the private residence of Northrock Peak to Creek. Top individual prize is a night stay at Tigh-Na-Mara Seaside Resort and Spa and include a spa pass for two. To qualify for these, all donations must be in by 4pm, Thursday, June 18th. Free barbeque, snacks, kids entertainment and more!

Event Start Time: 10:00 am

Event Day Registration: 8:00 - 9:00 am

Royal Roads University - Victoria, BC

Location: Recreation Centre at

Royal Roads University - Victoria, BC

EVENT DETAILS



Do it for Dad!
Take a Step to Fight Prostate Cancer



This Father's Day

Tie 'em up for men

Sunday, June 21, 2009

Walk/Run for Prostate Cancer

3 km and 8 km

Victoria, Royal Roads University

Register online at FATHERSDAYRUN.ca



The Prostate Centre, a self-supporting non-profit organization founded in 2000, sets the standard for easing the burden of prostate cancer by providing unbiased and understandable medical information and support on prostate cancer and prostate health issues. The Centre emphasizes the importance of early detection and is dedicated to prevention and research of prostate cancer. BC also has one of the highest incidences of prostate cancer in Canada. Early detection is the key to optimizing the treatment options available.

PROSTATE CANCER FACTS

- Prostate cancer is the #1 cancer threat to men in Canada.
- Prostate cancer affects 1 in 7 men in their lifetimes (25,000 men in Canada every year with 2,900 in BC and increasing with an aging population).
- 95% of prostate cancer is curable if detected and treated in its earliest stages.
- Prostate cancer generally does not show symptoms in its early stages, so early detection is critical, as evidenced by an increasing survival rate.
- Only 37% of Canadian men aged 45 to 60 has had a prostate-specific antigen (PSA) test in the last year.

Proceeds from the event support The Prostate Centre in Victoria, which supports prostate cancer research, awareness and support groups.



100 - 1900 Richmond Road
Victoria, BC V8R 4R2
Tel: 250 388 0214
Fax: 250 388 0215

theprostatecentre.info

Charitable Reg. # BN 866658230RR0001

SAFeway FATHER'S DAY WALK/RUN REGISTRATION FORM

The Prostate Centre will use the information for event communication. Registration fees are not eligible for a tax receipt and are non-refundable. Please complete the registration form and waiver to be eligible to participate.

Name: _____

Address: _____

City: _____ Postal Code: _____

Phone Number: _____ Home Bus.

Age: _____ Gender: M F

Email: _____

Are you a prostate cancer survivor? Yes

I will collect \$100 in donations Yes
(Reg. fee will be waived)

Are you part of a Team? Yes

Team Name: _____

Team Captain: _____



\$25 Registration Fee payment method

\$30 Registration Fee payment method (after May 31)

\$35 Registration Fee payment method (on June 21)

Cash Cheque VISA MasterCard

Card#: _____

Exp. date: _____

Waiver: In signing this release, I acknowledge that I understand the intent thereof, and I hereby agree to participate in the Safeway Father's Day Walk/Run, a corporate sponsored fundraising event, and any other activities connected with this event in an organized, collective, non-commercial manner, and any blame and liability for any injury, misadventure, harm, loss, inconvenience, or damage hereby suffered or sustained as a result of participation in the Safeway Father's Day Walk/Run for Prostate Cancer or any activities associated therewith. I hereby consent to and permit emergency treatment in the event of injury or illness. I also give full permission for use of my name and/or photograph in promotions, publications or advertising connected with this event.

Date _____ Print Name _____

Signature (applies to credit card authorization and waiver)
If participant is under 18 years of age, parent or guardian must sign.

INCENTIVE PRIZES



Submit \$100 or more

Your registration fee will be waived and you will receive a free Safeways Father's Day Walk/Run t-shirt.



Submit \$150 or more

Raise \$150 in donations and you will receive an environmentally conscious Ewan bottle. These Stainless Steel bottles are BPA free, fully recyclable and have narrow lids for easy sipping.



Submit \$250 or more

Submit \$250 in donations and receive a \$25 Running Room/Walking Room gift card.



Submit \$500 or more

Raise \$500 in donations and receive a Crumpler 15" waterproof, padded notebook bag complete with convenient removable shoulder straps and handle. Designed to carry laptops and your other gear.



Submit \$750 or more

Submit \$750 in donations and receive a \$75 Running Room/Walking Room gift card.



Submit \$1000 or more

Raise \$1000 in donations and receive a Heys X-Case, the world's lightest carry-on - weighing less than 5 lbs. This classic prize includes a 5 year limited warranty.



Submit \$1500 or more

Submit \$1500 in donations and receive a \$150 Running Room/Walking Room gift card.



Submit \$3000 or more

Raise \$3000 in donations and receive the Tom Tom 130 GPS unit with a simple clip mounting system. Preloaded with Canada and US maps and with easy USB charging.



Submit \$5000 or more

You are a top fundraiser! Submit \$5000 or more in donations and receive an Acer Aspire ultra-lightweight laptop weighing less than 3.5 lbs. This powerful, lightweight laptop is ideal for travelling.

Prizes will be awarded on the basis of donations submitted. To be eligible for the national team and incentive prizes, you must submit funds on or before Sunday, June 21, 2009. We reserve the right to substitute prizes of equal or greater value. Prizes will be shipped out 10 to 12 weeks after the event. To be eligible for the Special Top Collector Prizes given out by the Prostate Centre of Victoria you must submit funds by 4pm Thursday, June 18, 2009.

2009 Donation Form - Victoria

Online Registration Number
(if applicable)

PERSONAL INFORMATION (One form per individual. Your personal information must appear on both the registration and donation forms.)

Track your donations online! Visit FATHERSDAYRUN.ca

FIRST NAME _____ LAST NAME _____

SUITE/APT. # _____ STREET _____ CITY _____ PROVINCE _____ POSTAL CODE _____

EMAIL _____ TELEPHONE # _____

Please make cheques payable to The Prostate Centre. IMPORTANT!!!! ONLINE & OFFLINE DONOR INFORMATION: If you would like a tax receipt for your donation, please make sure ALL REQUESTED INFORMATION, INCLUDING AN EMAIL ADDRESS, IS COMPLETE AND LEGIBLE. We will not mail out receipts with incomplete donor information. If you don't know your donor's email address then PLEASE PUT YOUR EMAIL ADDRESS. NO EMAIL ADDRESS = NO TAX RECEIPT!

TEAM MEMBER INFORMATION

TEAM TYPE: CORPORATE FRIENDS & FAMILY SCHOOL

PLEASE PRINT TEAM NAME _____ TEAM CAPTAIN'S NAME _____ DONATION AMT _____

1	2	3	4	5	6	7
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CHARGE ALL DONATIONS TO MY CREDIT CARD

AMOUNT TO BE CHARGED \$ _____

TOTAL DONATIONS \$ _____

TAX RECEIPT INFORMATION

Receipts will automatically be issued for donations of \$20 or more. For donations of less than \$20 receipts will be issued upon request. Donor's name and address must be complete and legible to receive a tax receipt. NOTE: It is the donor's responsibility to be in compliance with the Income Tax Act and policies of Canada Revenue Agency.