



# RUN FOR CANADA COURONS POUR LE CANADA



## Toronto Canada Day 🍁 July 1, 2005

🍁 Victoria, BC 🍁 Calgary, AB 🍁 Winnipeg, MB 🍁 Toronto, ON 🍁 Algonquin Park, ON 🍁 Ottawa, ON 🍁 Halifax, NS

### So Many Reasons to Run

10K Run • 3K Family Walk • 1K Kids Run  
FREE Technical Running Shirt, Commemorative Participant Medal...and much, much, more!

#### Entry Fees: You could participate for FREE!

Event:	Entry Fee	FREE if donations meet or exceed
10K Run	\$43	\$200
3K Family Walk (group of four)	\$60	\$100 per walker
3K Family Walk (single entry)	\$20	\$100
1K Kids Run	\$15	-

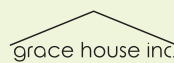
#### Start Times:

10K Run	8:00 AM
1K Kids Run	9:30 AM
3K Family Walk	10:00 AM



### Help raise funds in our community.

**Hbc** *Foundation*  
All net proceeds go to select local charities.



Register Today at:  
[hbcrunforcanada.ca](http://hbcrunforcanada.ca)  
1-866-JULY-1ST

