

Muskoka Fitness Presents

Run FOR A WAY



Sept 4th 2011

Supporting

Muskoka's Second Annual 'Run for a Way'



½ Marathon, 5k and Santa's Elf 1k Run.

September 4th 2011

Recruit your friends and support Ovarian Cancer Canada and Pancreatic Cancer Canada.

REGISTER NOW! (Space is Limited)

Online: [Register Online Here](#)

Deadline MIDNIGHT, September 2, 2011

***race day registrations for 1k only ***

Registration Kit Pick-up your Race-day kit, Goodie Bag & Race Bib

Pick-up: Number at Muskoka Fitness and Personal Training - 440
Ecclestone Dr. Bracebridge - 646-1848

Friday September 2nd, 2011: 6pm-8:00pm

Saturday September 3rd, 2011: 9:00am-4:00pm

On Race Day, September 4th, 2011: 6:30-7:15am at
Santa's Village. *Please don't leave this to the last
minute - it makes for a hectic race start.*

Course Description:

It's our second year! This will be a great opportunity to race through the heart of Bracebridge! Challenge yourself to make a difference with a spectacular start and finish at Santa's Village. Last years event had nearly 200 incredible participants from all walks of life enjoying beautiful Muskoka.

'**Run for a Way**' has been designed specifically for runners of all levels to get together to do something good for themselves and to help support two very important causes: Ovarian and Pancreatic Cancer Canada.

Location:

Santa's Village
1624 Golden Beach Road,

Bracebridge, Ontario P1L 1W8

Parking is Free.

Location Map:

View a Map here. [how to get there](#)

Cost: ½ Marathon, 5k and 1k Santa's Elf Run - [Click here for registration costs](#)

** **Note** : The January 1st **registration fees** have been extended to Jan. 15th.

** Only Santa's 1k will be accommodated for registrations on race day.

Cost Includes:

- * Race T-shirt
- * Finisher's Gift
- * Post-event food and drink
- * Post-event festivities
- * Sense of accomplishment - Priceless!
- * Day Pass for Santa's Village
- * A growing list of awesome prizes!

Notice: There are no refunds issued for your registration however, we do offer the opportunity to transfer your registration to next year's event or to transfer your registration to another participant on the waiting list - which will mean more donations to our beneficiaries. NO transfers will be accommodated after 22-August, 2011, so be sure to let us know if you are not planning to run by that date (no exceptions).

Event Beneficiary:

Who are the people in your life affected by some form cancer? Your mother, father, sister, partner?

Ovarian Cancer Canada.

This year, we will do something for the 2500 women who are diagnosed each year with *Ovarian Cancer*. We will raise awareness, hope and money for Ovarian Cancer Canada which:

- Supports women living with the disease and their families
- Raises awareness in the general public and with health care professionals
- Funding research to develop early detection techniques, improved treatment and, ultimately, a cure

A portion of the profits of the 'Run for a Way' Half Marathon, 5k and Santa's Elf run will go directly to Ovarian Cancer Canada.

It is the only national charity in Canada dedicated solely to overcoming ovarian cancer. 'Awareness. Knowledge. For Life. '

Visit their website here. <http://www.ovariancanada.org/>

Pancreatic Cancer Canada -

Every 15 minutes in North America, someone is diagnosed with pancreatic cancer. It is the 4th largest cause of cancer death and the most lethal.

Pancreatic cancer is the only one of the top ten cancer killers with a five-year survival rate still in the single digits—and the survival rate hasn't changed in nearly 3 decades.

There is no prevention, no early detection method, no proven treatment unless diagnosed at an early stage and no cure.

Visit their website here. <http://www.pancreaticcancercanada.ca/>

Course Information

Course Details:

A 21km, challenging course traveling along scenic riverfront. Starting at Santa's Village (SV), we travel down SV road to Wellington, south over the bridge then along Beaumont. It is horseshoe in shape bordering both sides of the Muskoka River. This course is so pretty, the miles may even fly by! It's a great course to see the heart of Muskoka.

The 5k walk/run will be an out and back along SV road. There will be plenty of elbow room and space to accommodate This will be along the same route as the 21km.

Click here if you would like us to contact you regarding general event information or registration, if applicable.

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Events and Activities

Post-event Festivities on Sunday September 4th:

We will be celebrating the challenges and triumphs in the face of cancer. We will be sharing some stories of strength and courage and look forward to a wonderful finale at beautiful Santa's Village.

Awards & Celebrations:

Awards Ceremony at 11:30am. Please stick around if you can for awards, door prizes and to see the last participant finish and cheer on!

Everyone is a winner in our eyes! But to reward those who are kick-butt athletes:

- Trophies for Top Three Women and Men Overall and Top Three Walkers

There are ribbons just for showing up!

We are starting early this year and our prize list is growing. Stay tuned for updates.

Other Event Information

What to do to be Prepared:

How do you finish 21k? You can run, jog, walk or crawl. We don't care as long as you get there. Unfortunately, for liability reasons, no bikes, skateboards or rollerblades are allowed.

Are Jogger strollers allowed? Well, 21k for the kiddies might be a little much, unless you don't mind hearing "How much longer?" for a couple hours. Here's the awesome news! Santa's Village will be providing daycare for the event so you can focus on your race, personal goals and you!

Bring your children and whole family! They can enjoy the Village while your race and cheer you while you finish!

Be sure to train with us at Muskoka Fitness and Personal Training so you can be in the best shape of your life and cross the finish line. From running clinics and coaching, to personal training, Muskoka Fitness has all you need!

What to Bring:

Bring the obvious - running/walking shoes, gear depending on weather, your bib number.

Plus remember to bring a warm change of clothing so you can enjoy the post-event festivities.

Special Instructions:

We can only accommodate 500 participants so register early.

Volunteers - This event will require some very special volunteers so if that's you please let us know!

[send us an email to help volunteer](#) with the following information if you can help out:

Name:

Cell Phone Number:

Email Address:

T-shirt Size:

Any specific time constraints:

Book your accommodations at one of the following hotels:

T.B.A

Spread the word! Tell your running friends about this event and come out for some fun in Muskoka! Ovarian Cancer Canada is an outstanding organization who will put our fundraising dollars to good use. The more folks pounding the pavement, the bigger the cheque we get to hand to them to help!

General Event Details

Race: 1/2 Marathon (21k) AND 5k and 1k Fun Run!

Date: 04/Sept/2010

Time:

1/2 Marathon (Santa's Village) - 7:30am sharp - Please arrive at 7:00 to ensure we start on time.

5k - (Santa's Village) - 7:45 am sharp - Please arrive by 7:15 to ensure we start on time.

1k Santa's Elf Run - (Santa's Village) - Starts at 9:30

Mass start: Ages 4-10. Divisions

Contact Us About This Event:

Contact Us! drop us a line and click here! if you would like us to contact you regarding general event information or registration, if applicable.