

### Pledge Sheet

**COMPLETE INFORMATION IS REQUIRED FOR TAX RECEIPTS.** Upon request receipts will be issued for pledges of \$20.00 & over. Pledge sheet may be photocopied. Make all cheques payable to: Ontario Rett Syndrome Association (O.R.S.A.), memo line "Run4Rett".

Name	Street	City/Prov	Postal Code	Pledge \$	Rec'd	Receipt Y/N
<b>PARTICIPANT NAME:</b>				<b>Total pledge \$</b>		

Name, street, city/province and postal code must be complete and legible in order to receive a receipt. If possible cash should be converted to a cheque form.

Charitable Number 89017 8999 RR0001

# 2014



## Sunday, September 21st, 2014

**1k Fun Run/Walk  
5k Run/Walk**

Richmond Green Park, Richmond Hill

PARTICIPATE, FUNDRAISE, VOLUNTEER

## Run4Rett Registration Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Age on Race Day: \_\_\_\_\_ Male \_\_\_\_\_ Female

**\*All Silent Angels must be registered**

### Registration Fees

#### EARLY BIRD PRICING – BEFORE AUG 30

1k RUN/WALK	5k RUN/WALK
____ 1k Indiv. - \$25	____ 5k Indiv. - \$40
____ 1k Family - \$80	____ 5k Family - \$110

*\* All individuals with Rett Syndrome and children 5 and under are free but are required to register*

#### REGISTRATION – AFTER AUG 30

1k RUN/WALK	5k RUN/WALK
____ 1k Indiv. - \$30	____ 5k Indiv. - \$45
____ 1k Family - \$90	____ 5k Family - \$125

*\* Family Category is comprised of 2 adults and up to 4 children under 18.*

Total: \$ \_\_\_\_\_

Circle one: **Visa**      **MC**      **Cheque**      **Cash**

Card # \_\_\_\_\_ Expiry: \_\_\_\_\_

Signature: \_\_\_\_\_

*\* No Bikes or Roller Blades allowed on the Route \**

#### Amateur Athletic Waiver and Release of Liability

I know that participating in the Run4Rett 5k or 1k event on Sunday, September 21st, 2014 can be a potentially hazardous activity. I should not enter and participate unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the event. I assume all risks associated with participating in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including cold, snow and/or ice, high heat and/or humidity, traffic and the conditions of the route, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release race organizers & any other entity involved with the event, its directors, officers, and staff, the city of Richmond Hill and its employees, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. I understand that dogs on leashes, in-line skates and bicycles are prohibited and that violation of this prohibition will result in disqualification. By submitting this entry, I acknowledge having read, understood, and agree to the above waiver, release and indemnity.

Signature of Participant \_\_\_\_\_ Date \_\_\_\_\_  
(Signature of Parent/Guardian if participant is under 18 years of age)

## Race Information

Date: Sunday, September 21st, 2014

11:00 am 1k Fun Run/Walk

11:45 am 5k Run/Walk

Location: Richmond Green Park

1300 Elgin Mills Road E., Richmond Hill, Ontario

**Bring the entire family, friends and colleagues for a day of fun and fitness!**

## PARTICIPATE, FUNDRAISE OR VOLUNTEER!

- Post-race Food and Entertainment
- Face Painting and Activities for the Children
- T-shirts for Volunteers
- Silent Auction with amazing Bid Items

## How To Register and Fundraise:

1. On-Line: Go to: [www.runningroom.com](http://www.runningroom.com).  
On-line registration closes September 18th at midnight.
2. Fundraise on-line @ [www.runningroom.com](http://www.runningroom.com)
3. Collect pledges using the available pledge form.
4. By Mail: Send your entry form(s) to: Run4Rett  
c/o Ontario Rett Syndrome Association (O.R.S.A.)  
P.O. Box 50030 London, Ontario N6A 6H8

## Race Day Registration and Race Kit Pick Up:

Sunday, September 21st, 2014 (race day) from  
9:00 to 10:30 am @ the Richmond Green Park

Questions? Email us at: [run4rett@rett.ca](mailto:run4rett@rett.ca)

## What is Rett Syndrome?

Rett syndrome (RTT) is a neurodevelopmental condition characterized by the loss of spoken language and hand use, coupled with the development of distinctive hand stereotypies. This disorder is seen in infancy and occurs almost exclusively in females. It is usually caused by a mutation of the MECP2 gene on the X chromosome.

Rett syndrome is found in all racial and ethnic groups throughout the world. It affects one in every ten thousand live female births. Early developmental milestones appear normal, but between 6-18 months of age, there is a delay or regression in development, particularly affecting speech, hand skills and gait. A hallmark of Rett syndrome is repetitive hand movements that may become almost constant while awake. Other more common medical issues encountered include epileptic seizures, muscle stiffness, osteoporosis and scoliosis. Despite its multiple handicaps, Rett syndrome is not a degenerative disease. Many individuals with Rett syndrome live long into adulthood. There is currently no cure.

Our goal for the Run4Rett event is to:

- Raise awareness about Rett syndrome
- Raise funds to support the Thames Valley Children's Centre, the Children Hospital of Eastern Ontario and the Holland Bloorview Rehabilitation Hospital Rett Syndrome Clinics
- Fund the Canadian Rett Syndrome Registry
- Fund research and host conferences, scientific and medical symposiums.

All proceeds go to the Ontario Rett Syndrome Association. For more information, visit [www.rett.ca](http://www.rett.ca).

## Run4Rett 2014 Sponsor

