

# The SAC Run



**Sunday May 25, 2014**






**Waterworks Park**

**390 Grand River Avenue, Brantford**

Do you want to help give a voice to our community? May is Sexual Assault Awareness Month in Ontario and the Brantford community wants to see an end to sexual violence!

## **Use your voice. Use your feet. Raise awareness.**

Announcing our FIRST annual Sexual Assault Centre Walk/Run! Choose from a 1km walk, a 5km or 10km run in order to help us raise community awareness around sexual violence. All proceeds will support survivors of sexual violence at the Sexual Assault Centre of Brant. Please join us on Sunday May 25, 2014 along the beautiful Grand River trail.

	8:30am	Registration and Check-In
	9:45am	Welcome & Opening Ceremonies
	10:00am	5km/10km Run
	10:10am	1km walk
	11:30am	Closing Celebration

Awareness benefits us all. A staggering 1 in 3 women and 1 in 6 men will experience sexual abuse. We want to give a voice to our community and make change. Help us educate our community on sexual rights, available supports and share the hope that healing is possible.

## **We look forward to seeing you there!**

The participant fee is \$30 and will be waived if you raise over \$100! There will be prizes for the highest pledges. Tax receipts will be issued for all donations over \$20.

This package includes a registration form, pledge form, and "Frequently Asked Questions." Registration forms need to be submitted prior to the event. Pledge forms and pledges (and/or registration fee) will be collected at the event.

**Have questions?** We are happy to answer them! Reach us at the Sexual Assault Centre of Brant by calling 519-751-1164 or e-mailing us at [thesacrun@sacbrant.ca](mailto:thesacrun@sacbrant.ca).

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# **The SAC Run**

## **Frequently Asked Questions....**

### **What is the SAC Run?**

The SAC Run is a 1km/5km/10km charity run to raise awareness and funds for the Sexual Assault Centre of Brant.

### **When and where is the SAC Run?**

The run is on Sunday May 25, 2014 at Waterworks Park in Brantford, Ontario, located at 390 Grand River Avenue. Registration/check-in starts at 8:30am.

### **Who organizes the SAC Run?**

The SAC Run is organized entirely by staff and volunteers from the Sexual Assault Centre of Brant.

### **When is my registration form due?**

Please complete and submit your registration form as soon as possible so we can ensure T-shirt sizes. You can submit your form via email, fax or mail.

### **How much does it cost to register?**

The registration fee is \$30, but your fee will be waived completely if you raise more than \$100!

### **When is my registration fee due?**

Please bring your registration fee along with your pledges to the check-in area on race day. If you raise \$100 and over, your registration fee will be waived.

### **Do I have to collect the donations from people who agree to sponsor me?**

Yes. Please bring your pledge money to the registration/check-in area on run day. Cheques can be made out to "Sexual Assault Centre of Brant." We are a registered charity so if your sponsors donate \$20 or over, they will automatically receive a tax receipt.

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## **What run options are available?**

There will be both 5km and 10km run options along the beautiful Grand River. The course is flat.

There will also be a 1km run/walk option and children are welcome to join participants for this event. The 1km run/walk will head down the trail in the opposite direction from the 5km/10km runners.

## **Do I actually have to run?**

No, you can walk, run or a combination. There will be people of all ages and ability levels – what they have in common is a desire to raise awareness and contribute to their community!

## **Can I ride my bike or inline skates?**

No. For safety reasons bicycles, inline skates, scooters and skateboards are not permitted at the event. Strollers are welcome. We do kindly request that slower runners/walkers and strollers stay to the right hand side of the trail to ensure that runners are able to pass freely.

## **Can I bring my pet to the Run?**

No. For safety reasons, pets are not permitted at the event.

## **Will there be water stations?**

Yes, there will be a water station at the 2.5km/7.5km mark (located near the area of Glenhyrst Gardens). Refreshments will be provided for all participants after the run.

## **What should I wear to the run?**

Wear whatever makes you comfortable! T-shirts will be provided to all registered participants. We would also love to see folks wearing purple as this is the colour of the Sexual Assault Centre of Brant.

**Have more questions?** We are happy to answer them! Reach us at the Sexual Assault Centre of Brant by calling 519-751-1164 or emailing us at [thesacrunc@sacbrant.ca](mailto:thesacrunc@sacbrant.ca)

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# The SAC Run



**Sunday May 25, 2014 at Waterworks Park, Brantford**  
Registration: 8:30am Walk/Run: 10am Closing Celebration: 11:30am

## **REGISTRATION FORM**

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

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

Postal Code: \_\_\_\_\_ Phone Number: \_\_\_\_\_

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

T-shirt Size:  S  M  L  XL  XXL

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**Please complete and submit this form as soon as possible. Registration fee, pledge forms and pledges must be submitted at the event.**

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I affirm that I am physically fit to complete this event and am aware that my participation could potentially result in loss, injury or damage to property. I waive and release the Sexual Assault Centre of Brant of any responsibility associated to loss, injury, or damage that may occur during the event or as a result of my participation in the event.

Participant/Guardian's Signature: \_\_\_\_\_

Date: \_\_\_\_\_

**Please email, fax or mail your Registration form to:**

[thesacrun@sacbrant.ca](mailto:thesacrun@sacbrant.ca) Fax #: 519-751-4187

Sexual Assault Centre of Brant • 211 Brant Avenue • Brantford • N3T 3J1

Have a question? Send us an email or call 519-751-1164

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# **The SAC Run**

## **PLEDGE FORM**

**Participant's Name:** \_\_\_\_\_

Tax receipts will be issued for all donations over \$20. Pledge forms and pledges will be collected at the event.

<b>Sponsor Name</b>	<b>Full Mailing Address</b>	<b>Phone No. or Email</b>	<b>Pledge Amount (\$)</b>

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## **Photo Release and Waiver**

I hereby give the Sexual Assault Centre of Brant ("The Centre") the irrevocable right and permission to utilize my photograph/image/likeness ("My Image") in all forms including, but not limited to: publication on social media, the Sexual Assault Centre's website, advertisement purposes and/or documentation released as part of The Centre or the Sexual Assault Centre Run (The SAC Run). I understand that The Centre may or may not use

I understand that the Sexual Assault Centre of Brant is not able to regulate unauthorized use of My Image, such as by parties not associated with The Centre. I forever waive any right to inspect or approve any publication of My Image by The Centre. I additionally release The Centre from any kind of damage claim associated with the use of My Image, including but not limited to: invasion of privacy and/or defamation.

I have thoroughly reviewed, understood, and agreed to these conditions. I hereby voluntarily give my consent and agree to this Release and Waiver.

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Participant's Name (Please Print)

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Guardian's Name (Please Print)

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Signature of Participant or Guardian

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Date