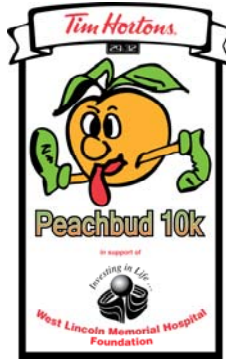


## 2009 Peachbud Background Information



The Peachbud 10k will be raising funds for the West Lincoln Memorial Hospital Foundation, which is supporting the new hospital building initiative and its drive to raise money to purchase the necessary state of the art equipment. For more information, check out:

- the foundation's website at [www.wlmhfoundation.ca/peachbud](http://www.wlmhfoundation.ca/peachbud)
- register for the race on [www.instride.ca](http://www.instride.ca) , or
- make a donation or download a pledge form at the Foundation's webpage.

All Race Information is posted on: [www.instride.ca](http://www.instride.ca)



Presented by:



## 29<sup>th</sup> *Tim Hortons* Peachbud 10k, 5k, 1k

- great race • unbelievable draw prizes • live music •
- incredible volunteers • celebrate Canada Week with us •

**Date:** Tuesday June 30<sup>th</sup>, 2009

**Location:** Grimsby Peach King Centre

**Race times:** 1k – 6:30p.m. 5k – 7:00 p.m. 10k -7:30 p.m.

**Race Day Registration and Race Kit Pick up:** 5 p.m. to 7 p.m. at the Peach King Centre

**Points** – The 10k is a points race.

**Directions:** 85 kilometers from Toronto, 25 k from Hamilton and Burlington ,60 kilometers from Guelph, 55 kilometers from Niagara Falls and 50 miles from Buffalo.

- QEW to Casablanca Blvd.
- South on Casablanca Blvd. to Livingston Ave.
- Turn left on Livingston Ave. 1 k to the Peach King Centre

**Parking:** at the Peach King Centre

## 2009 Peachbud Background Information

### Race Highlights:

- Draw Prize of a trip for two on Cruise to Run Caribbean 2010 includes-cruise courtesy of Tim Hortons and run package courtesy of Cruise to Run (airfare not included) [www.cruisetorun.com](http://www.cruisetorun.com)
- 6 Tim Hortons Travel Packages that include – 1 Garmin Nuvi 250w G.P.S. - 1 stainless steel travel mug and a Tim Card. (3 for the 5k and 3 for the 10k)
- New – Finishers medals for all 10k finishers.
- The courses are Certified by Athletics Canada measured by Bernie Conway
- Certification Numbers 10km – ON-2006-102-BDC 5km – ON-2006-103-BDC
- Championship timing by Sportstats
- Each Kilometer is marked
- 4 Aid Stations in the 10k located at 2.5k, 5k, 7k and 8.5k
- 2 aid stations in the 5k located 2k and 3.5k
- Part of the town of Grimsby Canada Week festivities
- All pledges in the **Peachbud 10k** support our new hospital through Project X-ray, a \$3.6 million campaign being run by the WLMH Foundation to purchase the necessary diagnostic equipment
- Our goal is to have each runner collect pledges for our new hospital
- Great volunteers
- The only race with a Splash pad at the finish line

**1k** – This is a fun run meant to encourage a healthy lifestyle.

**5k Awards** – Medals to 1,2,3 overall and 3 deep in 5 yr age groups 14 and under 70 plus.

**10k Awards** - 1,2,3 overall top master and 3 deep in 5yr age groups 14 and under to 70 plus



### Prize Money - \$2,500

**10k The Rona Cash Awards** - 1<sup>st</sup> overall - \$500, 2<sup>nd</sup> overall - \$300,  
3<sup>rd</sup> overall - \$200 top master - \$50

**10k Course record bonus** - \$200 to the men's or women's winner  
if they break the course record

**Course records** - 5k – Men – Benard Onsare (2006) 14:47

Women – Beth Wightman ( 2006 ) 17:04

10k – Men – George Kipkeeter (2006) 29:32

Women – Jackline Torreri (2001) 34:40

### Race Fees (GST included)

All runners who register before June 14<sup>th</sup> will receive a Merrell technical race t shirt,  
pre-registration will close June 27<sup>th</sup>

10k - \$35	5k - \$30	1k- \$12
Race Day 10k - \$40	5k- \$35	1k- \$15

## 2009 Peachbud Background Information

### Dream Team

## Get fit, have fun, and raise funds for our new hospital!

All pledges raised through the Peachbud Race will be designated towards the WLMH Foundation's Project X-ray campaign, a \$3.6 million community initiative for hospital diagnostic equipment.

Register for the race online at [www.instride.ca](http://www.instride.ca) and raise pledges for the WLMH Foundation using the attached pledge form.

People can recruit their colleagues, friends, or family members to be part of a team! The hospital family puts together their **Dream Team** of staff, medical staff, board members, and their families. All are welcome to sponsor members of the hospitals' Dream Team. To sponsor, visit the Foundation's website at [www.wlmhfoundation.ca](http://www.wlmhfoundation.ca)

### Dream Team Challenge

Be part of our **Dream Team Challenge** - Recruit your own colleagues, friends, or family members to be part of a team and raise pledges or make donations in support of our new hospital!

The Hospital and Foundation Dream Team challenges all teams to raise funds for the West Lincoln Memorial Hospital Foundation, which is supporting the new hospital building initiative and its drive to raise money to purchase the necessary state of the art equipment. The team that raises the most money will get a Team plaque put up in the Hospital's front lobby. Go to the Foundation's website to download a Peachbud Pledge Form.

### our dream team runners ... who are supporting the new hospital...

**Gordon Ellens**, husband of Pamela Ellens – Executive Director, West Lincoln Memorial Hospital Foundation staff

**Nadia & Bianca Elia**, daughters of Stacy Elia – Fundraising Coordinator, West Lincoln Memorial Hospital Foundation staff

**Arthur Hilson**, husband of Aimee Hilson – Fundraising Assistant, West Lincoln Memorial Hospital Foundation staff

**Matthew & Maria Oliveira, George Prins**, family of Maria Oliveira – Administrative Assistant, West Lincoln Memorial Hospital Foundation staff

**Bob & Bonnie McNeil**, family of Bob McNeil – Chair, Advance Division Project X-ray Campaign

## 2009 Peachbud Background Information

**Dr. Glenn Pierce**, Physician, West Lincoln Memorial Hospital staff

**Patricia Rouse**, registered practical nurse / ward aide, West Lincoln Memorial Hospital staff

**Andrew, Ginette, Kennedy & Tayllor Smith**, family of Andrew Smith – Vice President, West Lincoln Memorial Hospital Foundation Governing Board

**Dr. Peter Samuels**, physician, West Lincoln Memorial Hospital staff

**Dr. Tom Suhadolc**, physician, West Lincoln Memorial Hospital staff

**Robert, Judy and Abby Whitenect**, family of Robert Whitenect - Chair, West Lincoln Memorial Hospital Board

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### Join our elite runners ... Canada, United States and Africa

Elite runners from Africa...

**Josiana Aboungono**, Gabon Africa

**David Karanja**, Kenya Africa

**Giitar Macharia**, The Congo Africa

**Josephat Onger**, Kenya Africa

More details to come....

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### Join our celebrity runners ... who are supporting the new hospital...

**Beamsville's own, Tonya Verbeek**, 2008 Bronze Olympic Medalist, 2004 Silver Olympic Medalist, Women's Wrestling Team

**Mayor Bill Hodgson**, Town of Lincoln

**Mayor Katie Trombetta**, Town of West Lincoln

**Alderman Steve Berry**, Town of Grimsby

**Doug Flis, Grimsby**, Owner Grimsby Runner's Den

## 2009 Peachbud Background Information

More details to come....

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### The Grimsby Runner's Den

The Grimsby Runner's Den is a proud supporter of the Peachbud 10k. Owners Doug Flis and Jennifer Johnston will be hosting a running clinic for anyone who would like to prepare for the upcoming race and participate in collecting pledges for the new hospital.

#### Peachbud Runner's Clinic:

**Grimsby Runner's' Den - 60 Main St., East - Grimsby, ON**

For more information drop in or call Doug Flis or Jennifer Johnston at 905.309.0289

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### Peachbud Raffle to support our new hospital!

Exciting prizes to be raffled off at the Peachbud 10k Signature Race on June 30<sup>th</sup>.

**Wii & Wii Fit,  
44,000 BTU Barbeque with Rotisserie - compliments RONA,  
Garmin 250 Nuvi GPS, Gift Card & Travel Mug - compliments Grimsby Tim Hortons,  
and  
Peachbud Prize Pack**

**Tickets on Sale beginning of May! Check out the Foundation's website for more details.**

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## 2009 Peachbud Background Information

### Special Events leading up to the Signature Race ...

#### *Tim Hortons* Peachbud 10k School Challenge

For the first time, the **Tim Hortons Peachbud 10k** is having a challenge for elementary and secondary schools in the West Niagara region.

Participating secondary schools will have a toonie race in support of the hospital by raising money for Project X-ray. Schools will also be selling tickets for the **Peachbud Raffle** during the week of their race, for many exciting prizes, which will be drawn on June 30<sup>th</sup>.

Our local schools are stepping up to the challenge. To date the following Secondary schools will be hosting a **Tim Hortons Peachbud 10k School Challenge Day**:

**South Lincoln High School – May 1**

**Beamsville Secondary School – Date to be confirmed**

**Grimsby Secondary School – Date to be confirmed**

For more information or to get your school involved, contact the Foundation Office at 905 945-WLMH (9564) OR see the enclosed forms.

Elementary Schools have been approached to participate in the School Challenge whereby they would collect pledges for their run. Grimsby's Tim Hortons is offering 3 prize packages to the top schools to promote health and wellness in the school.

## 2009 Peachbud Background Information

### Instride Productions:

For 20 years Instride Productions, under the leadership of Jerry Friesen from Grimsby, has organized the **Tim Hortons Peachbud 10K** signature race each June. Mr. Friesen has partnered with the West Lincoln Memorial Hospital Foundation for the past 8 years encouraging runners to support the hospital by gathering pledges for their run in the race. This year we are expanding the Peachbud 10K race by adding supplementary events leading up to the signature race; the secondary and elementary school challenges are part of these initiatives.

**Instride.ca** is the home of the Subaru Niagara Running Series, presented by Merrell. The Tim Hortons Peachbud 10K has been part of the Subaru Niagara Running Series, presented by Merrell since 1999. The Tim Hortons Peachbud 10K is considered by many the premiere race in the series.

### Course Certification:

The **Tim Horton Peachbud 10k** is part of the Subaru Niagara Running Series. The Courses for the Subaru Niagara Running Series have all recently been certified by Athletics Canada. Bernie Conway measured the courses and is one of five Grade A measurers in Canada qualified to measure the Olympics and World Championships and is the Chief Certifier for Canada and the IAAF/AIMS Measurement Administrator for the Americas. The courses were measured following the Run Canada procedures manual and using a Jones-Oerth counter. Course measurement has been sponsored by **NRB Modular Building Specialists**.

### Certification Numbers:

Peachbud 5k -ON-2006-103-BDC

Peachbud 10k- ON-2006-102-BDC

### Bernie Conway Athletics Canada/Run Canada National Certifier

IAAF/AIMS Grade A Measurer, USATF/RRTC Final Signatory

The purpose of the course certification program is to produce road race courses of accurately measured distances. For any road running performance to be accepted as a record or be nationally ranked, it must be run on a certified course. In addition, the certification program is very important to the average road racer. Most runners like to compare performances run on different courses, and such comparisons are difficult if course distances are not reliable. No one can truly establish a personal best if the course distance is not accurate. For more information visit [www.coursemeasurement.ca](http://www.coursemeasurement.ca)

For further information, visit <http://www.wlmhfoundation.ca> or call:  
Pamela Ellens, Executive Director, WLMH Foundation @ (905) 945-WLMH (9564)