



London, Ontario
October 12/13



cheer for
HOPE
support the
CAUSE
CREATE A
TEAM

Vision from a Participants Perspective

I arrive at MVMT Strength in downtown London at 206 Piccadilly Street 15 minutes before my scheduled run and am greeted by some fun Volunteers, music pumping with people running!!

I check myself in and head directly to the runners lounge to set myself up and meet the Volunteer "Pit Crew" that are waiting to set me up on my *Flaman Fitness* Treadmill. While I wait, I munch on a yummy protein ball generously donated by the folks at *Margo and Tuffy* and drink an amazing *Cold Brew Coffee* generously supplied by *Workshop*. There is so much donated food here waiting for me when I finish I can't wait! Before I head out I pick up my *new* water bottle and drop in an *electrolyte tablet* from *NUNN*another generous Sponsor!!want to be sure I stay hydrated!!

Wow.... it's my time to run so I head out to the main room with my Volunteer and get set up... The DJ is playing the BEST music, and I am ready to clock the KM's! Thirty minutes flies by and I was able to hit my goal of 5KMs. My Volunteer is back to greet me, records my total KM's ran and presents me my well-deserved Bethanys Hope SWAG Bag.

When I head back to the Runners Lounge I am offered a *complimentary* Massage from the folks at *Modern Health & Performance* (MPH) before I dig into the awesome food from *Margo and Tuffy*. While I hang out, I have my picture taken in front of the balloon arch, post it on Instagram with the **#kms4acure** and have a chance to purchase "lucky" Raffle Tickets. It is hard to decide what bowl to place my tickets ... so many prizes available to win! I also have chance to win a 50 inch TV because I fund raised **\$500.00** worth of pledges/sponsors on my Race Roster "Pledge Page"!!

What is included with your \$100.00 Registration/Donation?

- A \$50.00 Tax Receipt – All proceeds supporting an *MLD Clinical Trial* in London
- Chance to win one of the two (2) 50" Televisions for the Runners who raise \$500.00 + in Donations!
- All your food and drinks from *Margo and Tuffy*, *McDonalds*, *Commonwealth Coffeehouse*, *Fountain Water*, *Workshop Cold Brew* ... just to name a few!
- Massage and / or Physio from *Modern Health & Performance* (MPH)
- Classic Rock FM 98.1 Radio Remote on Friday – 11:30am 'til 2:00pm
- An awesome SWAG bag
- DJ Music
- Raffles

