



The 4th Annual **5K Run for Enlightenment** in High Park
Creating a Compassionate Community
Sunday, September 26, 2010

All proceeds go to The Riwoche Tibetan Buddhist Temple, Sunnybrook Hospital, the CAMH Foundation, and the Tibetan Canadian Cultural Centre.

Registration Please complete the form below.

Name: _____

Address: _____

City: _____ Province: _____ Postal Code: _____

Telephone: _____ Age: _____ Male: Female:

Email: _____ Team Name: _____

Supported Charities (determines where your sponsorship funds will be distributed):

Riwoche Tibetan Buddhist Temple Sunnybrook Hospital
Tibetan Canadian Cultural Centre CAMH Foundation All

\$25 Registration Fee Cash Cheque VISA (secure online at www.5krun.ca)

Registrations made after August 26th will increase from \$25 to \$30. Registration fees are non-refundable.

Please make cheques payable to: **Riwoche Tibetan Buddhist Temple**
28 Heintzman Street, Toronto, Ontario M6P 2J6

There is no tax receipt for the entry fee. All sponsorship proceeds are issued tax receipts (see rules of entry).

Waiver: In consideration of my accepting this entry, I hereby, for myself, my heirs, executors, and administrators waive and release any and all rights and claims that I may have against the organizers, sponsors, and others involved in the event. I agree that I am physically prepared to participate in the event and will follow the rules that govern road racing.

Signature: _____ Date: _____
(If under 18, must be signed by a parent or guardian)

Ways to obtain sponsorship forms: On-line: Visit www.5krun.ca
In person: Riwoche Tibetan Buddhist Temple

For more information about our run, please call (416) 766-7964 or send an email to info@5krun.ca.