

# A Great Race for a Great Cause

The mission of St. John Ambulance is to enhance health, safety and quality of life through training and community service. The Kitchener-Waterloo Branch is your link to First Aid, CPR and many other life-saving programs. St. John Ambulance volunteers provide First Aid at many community events and contribute over 10,000 hours of community support annually.

All of the funds raised from the Waterloo Marathon will go to St. John Ambulance who's Mission is to Enhance, Health, Safety and Quality of Life.



St. John Ambulance  
SAVING LIVES  
at work, home and play

## Please support our valued sponsors

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Picturesque Full and Half Marathon courses wind through rural Mennonite country. The courses are certified by the Athletics Canada/IAAF/USATF, and is a Boston Marathon Qualifier.

*"I have to say it exceeded my expectations. The runners, volunteers, and police officers were friendly and supportive; the kit pick-up, food pick-up, parking, and water stations were well organized. I'm going to talk this event up to my running buddies - great hidden gem."* Natasha Menon (#679)

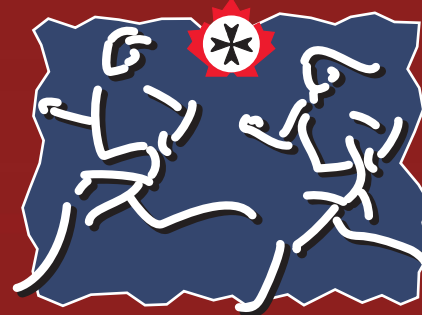


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TO LEARN MORE OR REGISTER VISIT:  
[www.WaterlooMarathon.com](http://www.WaterlooMarathon.com)

# Do You Have It In You?

## Waterloo Marathon



## Half Marathon

Sunday April 25, 2010

# 12th Annual St. John Ambulance, Waterloo Marathon, Sunday April 25, 2010

# COURSE MAP

## STEP 1: Register Today!

Options A: Register securely online or download a registration form at:  
[www.waterloomarathon.com/register.html](http://www.waterloomarathon.com/register.html)

Option B: Register by phone: 519-579-5451 or by Fax: 519-579-6320 Entries will be received up to and including race day.

Entry Fees: Enter early and save money!  
FULL MARATHON and HALF MARATHON \$55 before March 1, \$60 after March 1st.  
Your entry fee includes a Technical T-Shirt, after run refreshments, a free massage and a hand-made clay medallion.

## STEP 2: Raise Your Pledges!

Visit our informative website [www.waterloomarathon.com](http://www.waterloomarathon.com) to download your pledge sheet.

**Earn St. John Ambulance First Aid Kits**  
\$100 - \$199 Earns a Fanny Pack First Aid Kit  
\$200 - \$249 Earns a Vehicle First Aid Kit  
\$250 - \$299 Earns a Sport First Aid Kit  
\$300 and up Earns a Sport & Fanny Pack First Aid Kit

A tax receipt is available for Pledge Donations of \$25.00 and up.

## STEP 3: Pick Up Your Runners' Kit!

Saturday April 24th, @ St. John House  
9:00 am to 3:00 pm - 250 Gage Ave. Kitchener

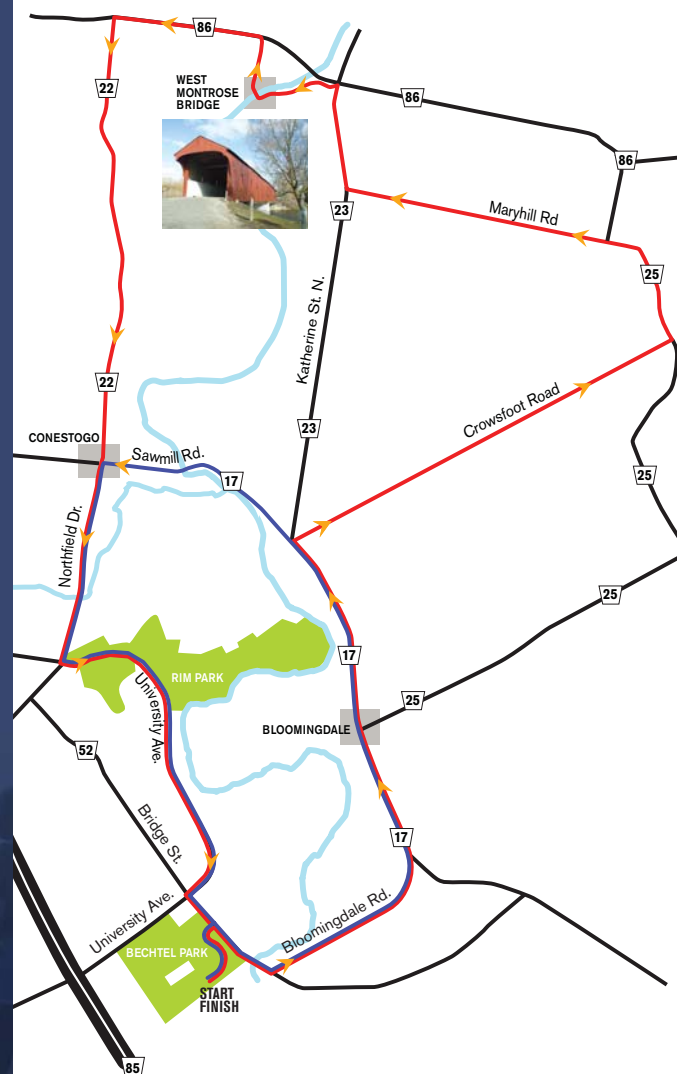
Race Day April 25th @ Registration Desk  
6:30 am to 7:30 am - Bechtel Park, Waterloo

Timing chip can only be picked up on the Sunday morning of the race.

Runners will appreciate all of the amenities and value added services.

- FREE parking
- Complete Full and Half marathon courses
- ChampionChip Timing technology
- Scenic route in Mennonite Country
- Indoor soccer facility to warm up in
- Changing rooms and showers
- Close to the 401 and less than 1 hour from Toronto Airport
- St. John Ambulance First Aid/CPR/AED services
- Water stations every 3 km
- Different coloured bibs to identify racers
- Portable toilets along the course
- Signs and cones on the route
- Photographer at the Finish Line and the pictures will be available on the website
- Runners receive a hand-made clay Medallion, post-race refreshments, Technical T-shirt and a massage
- Volunteers and Therapy Dogs to welcome you
- Scottish Pipers positioned throughout the course
- Walkers welcome in the Half Marathon
- ChampionChip Timing Technology is included in the Entry Fee

42 km FULL MARATHON 8:00 am START  
21 km HALF MARATHON 8:30 am START



## Race Location

From Hwy 401 take exit 278 (from Toronto) or exit 278B (from London) to Hwy 8 West Kitchener. Exit at Hwy 85 Waterloo. Exit at University Ave. East (first University Ave. exit). Follow University Ave. East to Bridge St. Turn Right on Bridge St. to Bechtel Park entrance.



All runs will start and finish at Bechtel Park

## Awards Ceremony and Results

Awards will be presented at Bechtel following the race. Results will be available on race day, or on the internet at: [www.sportstats.on.ca](http://www.sportstats.on.ca) and [www.WaterlooMarathon.com](http://www.WaterlooMarathon.com).