

## RUNNING FOR CHANGE

Bust Loose this Fall and join the Race To End Breast Cancer. Choose to walk or run 3KM, 5KM or 10KM. Come dressed in all pink, wear your bra on the outside - be creative! There will be prizes for Fastest Times (5KM & 10KM only), Best Dressed, and tons of prizes for our top pledge-getters. You can also go shopping at the Mini Race Expo!

To date, more than **\$250,000** has been donated. Net proceeds from the event will be donated to the Canadian Breast Cancer Foundation - Prairies/NWT Region.

Any age and/or gender can participate in the event. Participants will receive a special race package, which includes a T-shirt and other goodies. It is strongly recommended that you register by August 31st, 2011 to take advantage of the Early Bird Registration Fee, as well as guarantee your shirt size. The event fills up, so register early!

## RACE PACKAGE PICK-UP

Participants should pick up their Race Packages prior to the race. Packages can be picked up on Saturday, October 1<sup>st</sup> from 11:00am-2:00pm or on Sunday, October 2<sup>nd</sup> from 9:00-10:00am, both at the Heritage Pavilion in Strathcona Park.

## REGISTRATION FEES:

Early Bird (until Aug. 31 <sup>st</sup> )	\$30.00
After August 31 <sup>st</sup>	\$40.00
Last Minute (after Sept.30 <sup>th</sup> )	\$50.00

## HOW TO REGISTER

Use the form on the back to register by mailing in or dropping off your registration form or go to [www.bustinloose.ca](http://www.bustinloose.ca) to register for the event online.

Last Minute Registration takes place October 1<sup>st</sup> from 11:00am-2:00pm and October 2<sup>nd</sup> from 9:00am-10:00am, both at the Heritage Pavilion in Strathcona Park.

## PLEDGES

If an individual participant raises over \$75 in pledges, their registration fee will be waived. Please register early even if you plan to collect pledges to guarantee your spot. Pledges can be dropped off at Race Package Pick-up; or start an account to collect pledges online!

## FOR MORE INFORMATION

45 East Glen Dr SE  
Medicine Hat, AB  
T1B 2W1

(403) 527-5899

[bustin\\_loose\\_info@yahoo.ca](mailto:bustin_loose_info@yahoo.ca)

[www.bustinloose.ca](http://www.bustinloose.ca)



3KM / 5KM / 10KM  
RUN or WALK

**OCTOBER 2, 2011**

Race Starts at 11:00am  
Strathcona Island Park  
Medicine Hat, AB

Register for the event  
and raise pledges *online!*



# PLEDGE SHEET

Use this form to collect pledges in-person or go to [www.bustinloose.ca](http://www.bustinloose.ca) to register to collect pledges online, too!



NAME OF PARTICIPANT: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ POSTAL CODE: \_\_\_\_\_

TELEPHONE NUMBER(S): \_\_\_\_\_

**CHEQUES MADE PAYABLE TO:**  
Bustin' Loose Race to End Breast Cancer

**TAX RECEIPTS**  
CBCF will issue tax receipts for donations of \$20 or more after the event.

NAME OF DONOR (PLEASE PRINT)	ADDRESS	CITY	PROVINCE	POSTAL CODE	TELEPHONE NUMBER	PLEDGE AMOUNT	PAID
1.							
2.							
3.							
4.							
5.							
6.							
7.							
8.							
9.							
10.							
11.							
12.							
13.							
14.							
15.							

**TOTAL**

Net proceeds will be donated to the Canadian Breast Cancer Foundation – Prairies/NWT Region after the recovery of event costs through registration and sponsorship. For further information, contact Shelley Acheson at (403) 527-5899 or visit our website at [www.bustinloose.ca](http://www.bustinloose.ca)

**REGISTER ONLINE OR BY MAIL**  
Shelley Acheson C/O Bustin' Loose  
45 East Glen Dr SE  
Medicine Hat, AB  
T1B 2W1

**VISIT US ONLINE**  
[www.bustinloose.ca](http://www.bustinloose.ca)

In Support of  
Canadian  
Breast Cancer  
Foundation  
PRAIRIES • NWT

