



**Yee Hong Community
Wellness Foundation**

頤康基金會



Yee Hong Community Wellness Foundation

Scotiabank Toronto Waterfront Marathon

Sunday October 16, 2011

For more information, please visit: www.yeehong.com or
<http://www.torontowaterfrontmarathon.com>

or contact Fiona Wu at: 416.321.0777 ext 1842 / fiona.wu@yeehong.com





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Introduction

This is Yee Hong's fourth year of participation in the Scotiabank Toronto Waterfront Marathon. In 2010, 68 participants responded to Dr. Joseph Wong's appeal and joined the Yee Hong team. Through a collective effort, we raised over \$100,000 in this event. In addition, Yee Hong was awarded a \$3,000 cash prize as the first runner up in the "Highest Pledge Dollars Raised Per Participant" category in the Charity Challenge!

For 2011, we are aiming at raising \$110,000.00 and carry home one of the Charity Challenge Cash Prize Bonus! This is possible, with your support and your participation. Join Yee Hong's team now and start training for your run, and begin fundraising for Yee Hong!

What is Yee Hong?

The Yee Hong Centre for Geriatric Care is a non-profit organization dedicated to delivering high quality and culturally appropriate services to seniors in the Greater Toronto Area. Our mission is to enable seniors to live life to the fullest — in the healthiest, most independent and dignified ways.

In December 2009, all four Yee Hong Centres received full accreditation from Accreditation Canada. This is the 5th consecutive time that Yee Hong has received accreditation since it began operation in 1994. The accreditation recognizes that Yee Hong meets national standards of excellence in quality care and service, cares about client safety and continues to strive for high quality health care.

Compliments from the surveyors included:

- strong leadership at all levels
- strong sense of commitment to the organization's values.
- Clear organization commitment to quality and safety across all levels
- Very high staff morale and a trusting relationship between frontline and management
- Very effective communication strategies for staff, residents, families, volunteers, community partners and the general public
- Smart utilization of technology

Yee Hong Facts

- Opened 4 Yee Hong Centres in Scarborough, Markham and Mississauga from 1994 to 2004
- 805 long-term care beds in 4 centres and over 2,500 people on waiting list
- Offers culturally appropriate care services to seniors of Chinese, South Asian, Japanese, Vietnamese, Filipino and Korean backgrounds, serving 15,000 seniors and their families each year
- 150 Social Housing units and 308 Life Lease units



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Information at a Glance

	5K Run/Walk	Half-Marathon	Marathon
Distance	5 Km	21.1 Km	42.2 Km
Start Time	TBC	9:00am	9:00am
Start/End Location	Start at CNE and end at City Hall	Start at University Ave/Adelaide St End at City Hall	Start at University Ave/Adelaide St End at City Hall
Minimum Age to Participate	No age limit	16 yrs old on event day	18 yrs old on event day
Time Limit	1 Hr 10 mins	3 hrs 40 mins	6 hrs 30 mins
Registration Fee*	\$35	\$70	\$70
* Applicable tax and processing fees extra. Fees valid until October 10, with a charity discount code. Contact Fiona for the code today.			

Location & Map

Below is the route of the marathon and half-marathon. To see the route in detail, please visit <http://www.torontowaterfrontmarathon.com/en/map.htm>

SCOTIABANK TORONTO WATERFRONT MARATHON, HALF-MARATHON & 5K Course Map





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Below is the route of the 5K. To see the route in detail, please visit <http://www.torontowaterfrontmarathon.com/en/map5k.htm>



Supports

Aid Stations

Each Aid Station has Gatorade, Water, first aid personnel and Port-o-lets. Water and Aid Stations are located at approximately every 2.5 Km through the route.

Champion Chip Timing

The Champion Chip is a micro transponder, to be attached to your shoelaces. As you pass through the START and FINISHING line, a device will record and transmit the times to a receiver. At the end of your race, you will be able to find out your record time!

The Charity Challenge Cash Prize Bonus

A chance for all Official Charities to win one of nine (9) cash prizes across three categories:

1st place = \$6,000; 2nd place = \$3,000; 3rd place = \$2,000

Cash prizes as listed above will be awarded to the top three Official Charities with:

1. The **most participants** (in any combination of events). **Important:** each runner/walker must raise at least \$10 for the charity to count.
2. The **largest amount of pledges** (total \$ raised)
3. The **largest amount of pledge dollars per participant** raised.



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Event & Fundraising Registration

There are two ways to register:

- 1) By Fax to Fiona Wu at 416-321-0778 (pages 5-6), or
- 2) Online registration (see pages 7)

1. Registration by Fax: Charity Challenge Registration Form

Event (5km, Half, Full)	
Estimated Finish Time (Hrs:Mins:Sec)	
First Name:	
Last Name:	
Gender:	
Address:	
City, Province, Postal Code:	
Telephone (Day):	
Telephone (Night):	
Email:	
Date of Birth (Y/M/D):	
Age on Race Day:	
Shirt Size (S/M/L/XL) <small>(Shirts are Sexed/Sized Technical for Marathoners and Unisex Cotton for 5k and Half-Marathoners)</small>	
List any medical conditions:	
Emergency Contact Name:	
Emergency Contact Phone:	
Fundraising Goal:	
Registration Fee Payment with Credit Card: Visa/Mastercard	
Card #: _____	
Expiry Date: ____/____ Name on Card: _____	
Please note: Please Note that on your monthly credit card statement this charge will appear as a purchase from WWW.EVENTSONLINE.CA	



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RELEASE, WAIVER, AND INDEMNITY

In consideration of the acceptance of my application and the permission to participate as an Entrant or competitor in the 2011 SCOTIABANK TORONTO WATERFRONT MARATHON, HALF-MARATHON & 5K RUN/WALK Sunday October 16th, 2011, I, for myself, my heirs, executors, administrators, successors, and assigns HEREBY RELEASE, WAIVE, AND FOREVER DISCHARGE The City of Toronto, The Toronto Police Service, The Toronto Police Services Board, The Chief of Police, The members of the Toronto Police Auxiliary Program, The Toronto Transit Commission, Direct Energy Marketing Limited, Maple Leaf Sports & Entertainment Ltd., BPC Coliseum Inc., Canadian National Exhibition Association and their respective Directors, Officers and Employees, Canadian Ski Patrol System and its members, Oxford Properties, Toronto Port Authority, Brookfield Place (Wellington) Limited, Brookfield Properties, GO TRANSIT, Toronto & Region Conservation Authority, Athletics Canada, OTFA, ORA, Canada Running Series Inc. (1399662 Ontario Inc.), Race Course Officials and Volunteers, The Bank of Nova Scotia (Scotiabank), A. Lassonde Inc., Acura, A Division of Honda Canada Inc., Sporting Life, Pepsi QTG, SDI Marketing, Leukemia and Lymphoma Society of Canada, Running Room, and all other associations, sanctioning bodies and sponsoring companies, and elected and appointed officials, successors and assigns, OF AND FROM ALL claims, demands, damages, costs, expenses, actions and causes of action, whether in law or equity, in respect of death, injury, loss or damage to my person or property HOWSOEVER CAUSED, arising or to arise by reason of my participation in the said event, whether as spectator, participant, competitor, or otherwise, whether prior to, during or subsequent to the event, AND NOTWITHSTANDING that same may have been contributed to or occasioned by the negligence of the aforesaid. I FURTHER HEREBY UNDERTAKE TO HOLD AND SAFE HARMLESS AND AGREE TO INDEMNIFY all of the aforesaid from and against any and all liability incurred by any or all of them arising as a result of, or in any way connected with my participation in the said event. Further, I hereby agree to periodic mailings both electronic and physical from Canada Running Series Inc. (1399662 Ontario Inc.) only. Personal information collected by Canada Running Series Inc. (1399662 Ontario Inc.) is for registration and results purposes only, and will not be shared with other companies or organizations. Further I hereby grant full permission to any and all the foregoing to use any photography, video tapes, motion pictures, recordings or any other record of this event for promotional purposes. BY SUBMITTING THIS ENTRY, I ACKNOWLEDGE HAVING READ, UNDERSTOOD, AND AGREE TO THE ABOVE WAIVER, RELEASE and INDEMNITY. I WARRANT that I am physically fit to participate in this event.

I, _____, agree to the above/

Signature _____ Date _____



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2. Online Registration

1. Go to http://www.eventsonline.ca/events/crs_scotia/
2. Select your event (Marathon, Half Marathon or 5k) and complete the remainder of the form.
3. Select **YEE HONG COMMUNITY WELLNESS FOUNDATION** from the drop down menu of Scotiabank Group Charity Challenge
4. Enter a Username and Password for your personal fundraising page
5. Use **11SGCC** as the PIN Code to use

I would like to run in support of the following charity by fundraising, or giving a onetime donation, using the Scotiabank Group Charity Challenge online fundraising system:

Scotiabank Group Charity Challenge:

Please create a username and password for your online fundraising account.
You will be re-directed to the site after you submit your race registration.

Username:

Password:

Scotiabank Employees

By registering to this event, and clicking yes below, you undertake and commit to raising \$100 minimum for one of the participating charities in the Scotiabank Group Charity Challenge.

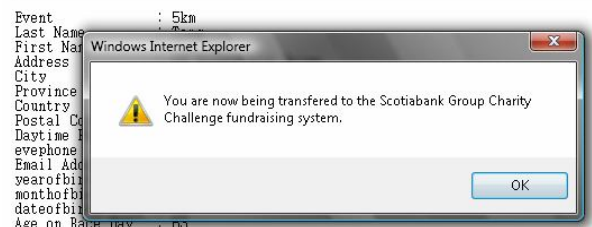
Scotiabank Employee Fundraising: Yes
 No

Scotiabank employees must provide their Scotiabank email address to qualify for Scotiabank Employee rates and discounts.

Special Event Coupon, Group ID Code, (if applicable)
or Scotiabank Group Charity Challenge
PIN Code:

6. Ensure you click the check box to accept the **waiver**
7. Click **Submit** and an information confirmation screen will appear. Confirm registration fee amount is correct and pay for registration.
8. Click **Submit** and a transaction confirmation screen will appear. This will direct you to the page to register for fundraising. Follow the steps to set up your fundraising page.
9. Congratulations! You are now ready to fundraise online! Launch your campaign by emailing your family and friends!
10. You will receive an email notification when someone sponsors you. You can log back into the system to see how much they had sponsored, and to send a thank you email.

You have selected to participate in the Scotiabank Group Charity Challenge fundraising program. Please click the 'Submit' button below to automatically setup a fundraising profile or be forwarded to your selected charity fundraising page.



Note: Donations will be credited to the vendor CANADA RUNNING SERIES on the credit card statement.