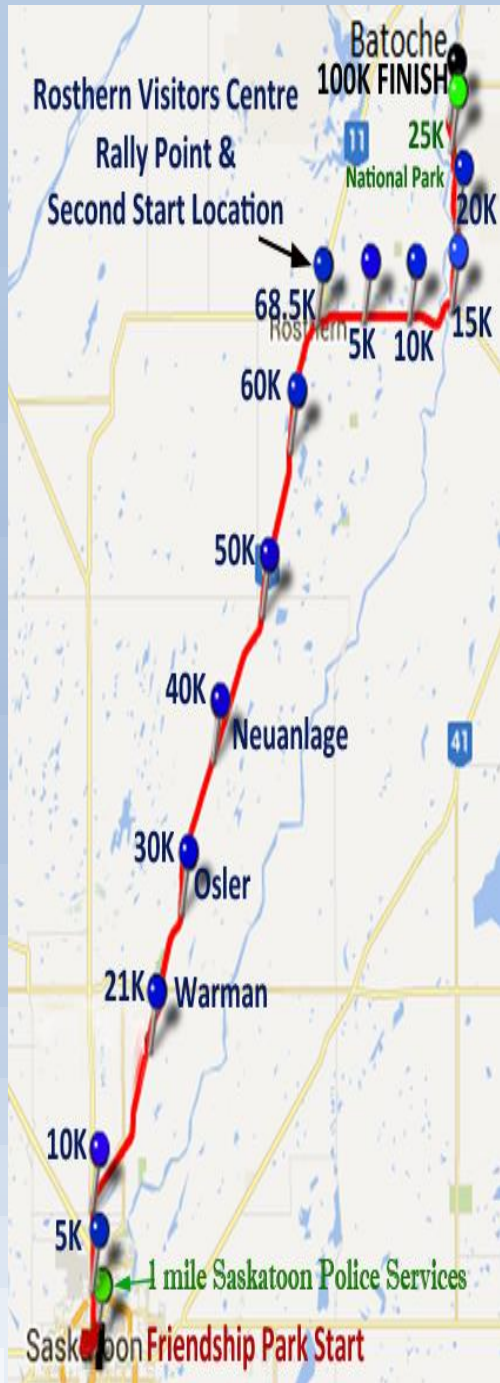


# Run Route



# Sponsors

**FITNESS 2J2**

New Messengers  
Honour Running Inc.



# Friday July 18, 2014



JOIN US IN AN  
HONOUR RUN FOR OUR  
SOLDIERS  
&  
PAY TRIBUTE TO THE  
METIS VETERANS OF  
CANADA



To register or for more information  
goto [www.honourrun.ca](http://www.honourrun.ca)

# Runners

Join Us on **Friday, JULY 18<sup>th</sup>**  
as we go the distance to Honour those  
that went the distance for us!

## WHAT IS AN HONOUR RUN?

Honour Running is an untimed event  
meant to give runners an opportunity  
to go the distance to honour someone  
they care about.

*Do You Know a Soldier you would like  
to Honour? Run for them.*  
Register today!

## WHERE?

Choose from 2 start Locations!  
**8:30am @Saskatoon Friendship Park**  
or  
**7:00pm @ Rosthern Vistor Center**

## WHAT DISTANCE?

Register to walk/run 1 mile, or to run  
5k, 10k, 21k, 30k, 40k.....all the way to  
100k\* Team entries available for 100k  
(shuttles will be provided back to start)

## HOW MUCH TO REGISTER?

**1mile & 5k = \$20**  
(includes a Tribute package & is eligible for  
charitable receipt)see adjacent panel

**10k upto 100k = \$50**  
(includes Honour Package & is eligible for  
charitable receipt)see adjacent panel

**100k Team = \$250**  
(includes 5 Honour Packages & is eligible for  
charitable receipt)see adjacent panel

## WHERE DO I REGISTER?

Goto [www.honourrun.ca](http://www.honourrun.ca) to register &  
for more information

# Non-Runners

**YOUR contributions will help us  
Honour our Soldiers & Pay a Tribute to  
the Metis Veterans of Canada**

## HOW?

- **Don't run....WALK!** Register to walk  
the 1mile and be a part of the mass start  
with other walkers, including veterans,  
celebrities & dignitaries.
- **BRING A VETERAN** to the event or the  
Back to Batoche Festival so we can give  
thanks to them for all they have given.
- **VOLUNTEER** sign up at our site and  
become a part of the excitement!
- **Come cheer on the runners** at either  
of the start locations or one of the many  
honour stations

## DONATE & RECEIVE YOUR HONOUR

### OR TRIBUTE PACKAGE

**\$50 - Honour Package** includes:  
mini-sash, commemorative pin &  
postcard of the Metis Veteran's Memorial  
Monument, and charitable receipt

**\$20 - Tribute Package** includes:  
Lapel sash, commemorative pin &  
postcard of the Metis Veteran's Memorial  
Monument, and charitable receipt

**Wear your sash July 18<sup>th</sup> & 19<sup>th</sup>** to  
support our soldiers and youth as  
they run & pay tribute to Metis  
Veterans of Canada.

**\*\*All Proceeds will go to the  
Metis Veterans Monument\*\***

# Youth

**Come run with us!**

**"Free" Training for the first 80 youth  
between the ages of 10 and 19**

*Do you want to inspire thousands.....  
Want to make history while having fun and  
making new friends.*



**Become part of a team & Run with  
members of the Canadian Arm Forces.**

No running experience or athletic  
background needed.



**Anyone can learn to Honour  
Run...including you!**

