



Gilbert Vanden Heuvel

2009 OPIC Pork for a Cause
Hog Jog Honourary Chairperson



THE  LUNG ASSOCIATION™
When you can't breathe, nothing else matters.

Presents the Fourth Annual



Join us for the post Hog Jog celebration ceremony at the Stratford Rotary Complex.

Gilbert Vanden Heuvel is a successful pork producer from Huron County who has had asthma all his life. Gilbert is active in industry associations, his church and community while living a healthy, athletic life fully with his asthma under control.



Join the cause by registering for the race but please don't stop there. Take your pledge form everywhere you go. Many people will be grateful for the opportunity to contribute to the Asthma Awareness programs through The Lung Association Huron Perth. Additional pledge forms can be downloaded from our website.

www.opic.on.ca



'Pork for a Cause'

**10k Run, 5k Run/Walk and
Weaner Run**

The Lung Association Huron Perth - Asthma Awareness

Please support this annual OPIC event that
Celebrates our People
Raises Awareness of a Cause
and
Gives back to our Community

2009 Hog Jog Official Sponsor
(over \$1000)



Wednesday, June 24, 2009
6:30 pm
Stratford Rotary Complex

RACE START

Stratford Rotary Complex
 353 McCarthy Road, Stratford
 Weaner Run 5:45 pm
 Warm up with Body Moves.....6:15 pm
 10k / 5k run/walk.....6:30 pm

5K/10K COURSE

Run / walk down John Street to the Old Grove. Run through the trails in the Old Grove, staying on the south side, to Lorne Ave. (turnaround for 5k run/walk is on trails in the Old Grove). Turn right on O’Loane to Cody Street for the turnaround and retrace the course back to the Rotary Complex.

WEANER RUN

The Weaner Run is a 500 meter run for ages 6 and under. Pre-registration is required for this free event and will take place from 2 to 5:15 pm at the Hog Jog booth on race day.

WATER STATIONS

Water stations will be located at every 2.5k along routes

PLEDGES FOR THE LUNG ASSOCIATION, HURON-PERTH

Please help The Lung Association Huron Perth by collecting pledges and submitted them in person at the registration desk on race day.

PRE-REGISTRATION

Entrants are encouraged to register in advance online at www.onlineregistrations.ca, by mail to OPIC, Box 98, Stratford, Ontario N5A 6S8 or in person at Oak Street Center, 225 Oak St., Stratford. In person or letter mail must include a signed entry form with **cheque payable to OPIC** for the full amount.

REGISTRATION & RACE KIT PICK-UP

Run Day: 2 to 5:30 pm, Hog Jog booth

TECHNICAL RUNNERS CAP

Lightweight technical runners cap are guaranteed to the first 300 pre-registered participants. Hog Jog shirts will be available for purchase on run day, while supplies last. All proceeds will go to the cause.

POST RACE PORK MEAL

Entry fee includes one post race meal ticket for each participant. Extra meal tickets can be pre-purchased for your guests at a cost of \$5.00 each.

AWARDS

Join us post race for awards ceremony. Award to top pledge raisers. Awards to 1st place male and female runners in age categories.

NAME OF RUNNER/WALKER Make all cheques payable to LUNG ASSOCIATION - HURON PERTH Download full page pledge form from website www.opic.on.ca	RECEIPTS FOR \$10 OR MORE IF REQUESTED ✓	AMOUNT PAID	AMOUNT PLEDGED	TELEPHONE	POSTAL CODE	SPONSOR'S ADDRESS	SPONSOR'S NAME
	TOTAL						

LAST NAME (please print clearly)

FIRST NAME

ADDRESS

CITY

PROVINCE POSTAL CODE

AREA CODE TELEPHONE

E.MAIL ADDRESS

10K Run
 5K Run
 5K Walk
 Gender: M F Age on race day _____
 Registration Fee = \$30.00
 Extra Meal Tickets Qty _____ @ \$5.00 ea = _____
 Total Enclosed = _____

RELEASE WAIVER AND INDEMNITY: In consideration of the acceptance of my application and the permission to participate as an entrant of competitor in the OPIC Hog Jog, I, for myself, my heirs, executors and administrators or, assigns hereby release, waiver and forever discharge Ontario Pork Industry Council, Ontario Pork Congress and all associations, sanctioning bodies, all of their respective agents, officials, servants, contractors, representatives, successors, assigns and participating volunteers from all the claims, demands, costs, expenses, actions and causes of action in the said event. Whether in law or equity in respect to death, injury, loss or damage to my person or property howsoever roused arising or to arise by reason withstanding that same may have contributed to or occasioned by the negligence of the aforesaid. I further hereby undertake to hold and save 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 above waiver, release and indemnify and that I accept all this to the said event.

SIGNATURE (If under 18, Parent/Guardian must sign)

DATE