



## STEP #1 – Register Today

### Early Bird Entry Fees:

12.5k run/walk - \$25 25k run/walk - \$50

50k run - \$60

Register after April 26th and pay an extra \$10

**Online:** <http://ouser.org> and follow the links.

**In advance** – save time by registering in advance. Drop off your registration and pledge form at SMH Foundation, 150 Mississaga St. W., Orillia (325-6464) or at Impression House 44 Mississaga St. W, Orillia.

### By Fax:

Fax us your completed registration form (705) 326-4143.

### By Email:

[cdanrun@gmail.com](mailto:cdanrun@gmail.com)

**By Mail:** send in your completed registration form to:

Ganaraska Trail Run for Diabetes  
c/o Impression House  
44 Mississaga St. W.  
Orillia, ON L3V 3A8

**Event Day:** Come to Horseshoe Resort Nordic Centre

Hwy 400 N of Barrie, Ontario, east on Route 22 (exit 117) to Horseshoe Resort. Nordic Centre is on the left.

**Make cheques payable to Ganarun**

### Race Kit Pick-up

Friday May 9: 6:00 – 8:00 pm

Saturday May 10: 7:45 – 8:30 am

Horseshoe Resort Nordic Centre

## STEP #2 – Raise Pledges

**Everyone is encouraged to collect pledges, participants and volunteers.**

The Adult Program at the Diabetes Education Centre (DEC) offers a multi-disciplinary approach to education for the prevention and management of diabetes.

Education is essential to help people prevent and manage diabetes. Through individual appointments and group classes, patients and family members will enhance their knowledge and self management skills.

The diabetes educators are registered nurses and dieticians, and are supported by clerical staff and volunteers.

Extended team members include; physician specialist, community family physician, chiropodist, occupational therapist, pharmacist and physiotherapist.



## Nordic Walking

Nordic walking is simply walking with two specially designed fitness poles. This is a better workout, working the upper body and burning more calories than walking without poles. The poles take 30% of the pressure off of weight bearing joints while working 90% of the muscles in the body.



MARIPOSA MARKET STORES



CARRIAGE RIDGE RESORT  
AT HORSESHOE VALLEY  
A SHELL VACATIONS CLUB RESORT



Trail RUNNER



Proceeds from this event are benefiting Soldiers' Memorial Hospital Diabetes Education Centre.

## HORSESHOE RESORT

For directions to Ganaraska Trail Run For OSMH Diabetes Centre see: [www.horseshoeresort.com](http://www.horseshoeresort.com)

### FOR MORE INFORMATION:

**Race Director: Daniel Boon**

Phone: (705) 327-2156

e-mail: [cdanrun@gmail.com](mailto:cdanrun@gmail.com)

for online registration go to

<http://ouser.org>

and follow the links

Soldiers' Memorial Hospital Foundation  
Charitable Registration Number 88932 1998 RR0001

## Ganaraska Trail Run For OSMH Diabetes Centre

12.5km,  
25km or 50km

## Nordic Walking

12.5 or 25km



Saturday  
May 10  
2008



Proceeds from this event are benefiting Soldiers' Memorial Hospital Diabetes Education Centre.

Horseshoe Resort Nordic Centre  
1102 Horseshoe Valley Road West  
Oro Medonte

