

THE WATER CHALLENGE

Why Water?

At least one third of the population in developing countries has no access to safe drinking water. This lack of clean water supply and sanitation facilities causes serious health risks and water-borne diseases. Approximately 2.5 million deaths occur each year due to cases of diarrhea and many of them are children under the age of five.

'The Most Effective Vaccine against Child Death in Africa is a Glass of Clean Water'

UN Human Development Report, November 2006

How can we help?

In partnership with **The Water School, Canadian Aid for Southern Sudan** will be able to utilize **SODIS** (Solar Water Disinfection) to provide a cost effective way for families in Sudan to start learning and using safe drinking water. **SODIS** is a simple method of using ultra-violet light from the sun to inactivate pathogens causing diarrhea. Contaminated water is filled into transparent plastic bottles and exposed to the full sunlight for 6 hours. The combination of UV radiation and high water temperature destroys the pathogens.

How can I make a difference?

To provide a year supply of bottles, a water table and educational training for a family of five will require an investment of \$50. In early 2009 we introduced the program to families (totalling 600 people) in Southern Sudan with great results. Our goal is to continue to expand the program to include more families and reach in excess of 1000 people.

For more information
thewaterschool.org



CASS

Canadian Aid for Southern Sudan supplies resources to the struggling people of Southern Sudan. Its main focus is the educational, recreational and vocational needs of the people of the south.

Glen Pearson and Jane Roy are the volunteer national representatives of **CASS**.

The efforts of this husband and wife team have brought the plight of the people of Southern Sudan to national and international attention.

For more information casscanada.net

RACE SCHEDULE AND DETAILS

Fees:

10K – \$25.00 5K – \$20.00 1K Fun Run/Walk – \$10.00

Race Kit Pick Up:

London Running Room, 620 Richmond Street
Saturday, June 6, 2009 between 10:00 am - 5:00 pm

or

Race Site

Sunday, June 7, 2009 between 8:00 - 8:45 am

Washroom facilities will be available
Lockers are available – bring your own lock
Two water stations on course and one at the finish line

The Course:

Start and finish at TD Waterhouse Stadium. The run will take participants through Western (Huron, Lambton and University) and across the main bridge, Sunset, The Parkway and then down into Gibbons Park. The route will cross the bridge and then up Western Road and picks up the bike path to come behind the stadium. Two loops will make up the 10K.

ADDITIONAL SPONSORS



We thank New Era Grafix for being our Race Shirt Sponsor

RACE APPLICATION

Entrants are encouraged to register in advance online at www.runningroom.com, in person or by mail to The Running Room, 620 Richmond Street. In person or letter mail registrations must include a signed entry form along with a cheque for the full amount payable to:

CASS - The Water Challenge

c/o The Running Room

620 Richmond Street

London, ON N6A 5J9

Cash or cheque only in store. Cheques made payable to

CASS - The Water Challenge

NAME _____ DOB _____
y/m/d

ADDRESS _____

CITY/TOWN _____

PROV/STATE _____ PC/ZIP _____

PHONE _____

E-MAIL _____

RACE (please check one):

10K sponsored by  MIKALACHKI INVESTMENT MANAGEMENT

5K sponsored by  LIUNA Local 1059
LONDON, ONTARIO, CANADA

1K Fun Run/Walk sponsored by  NEW ERA GRAFIX

SEX (please check one):

Male Female

UNISEX T-SHIRT ORDER:

XS S M L XL

RACE WAIVER

In consideration of the acceptance of my application and the permission to participate as an entrant or competitor in **Run for Sudan**, and any or all of the following events:

10K, 5K, 1K Fun Run/Walk, post-race activities on June 7, 2009 or any other **Run for Sudan** activities that take place prior to or after the event, I, for myself, my heirs, executors, administrators, successors and assigns, hereby release, waive and forever discharge, The Corporation of the City of London, all sponsors and contributors and all other associations, sanctioning bodies and sponsoring companies, and all their respective agents, officials, servants, contractors, representatives, elected and appointed officials, successors and assigns of and from all claims, demands, damages, costs, expenses, actions, causes of action, whether in law or equity. In respect of death, injury or loss or damages to my person or property however causes, arising or to arise by reason of my participation in the said event, whether as a spectator, participant, competitor or otherwise, whether prior to, during or subsequent to the event, and notwithstanding that the same may have been contributed, or occasioned by, the negligence of any of the aforesaid. I further hereby undertake to hold and save harmless and agree to indemnify the aforesaid from and against any and all liability incurred by all of them as a result of, or in any way connected with, my participation in the said event.

By submitting this entry I acknowledge that I have read, understand and agree to the above waiver, release and indemnity. I also understand my image may be used in promotional material or on the website.

NAME (PLEASE PRINT)

SIGNATURE (PARENT OR GUARDIAN IF UNDER 18)

DATE