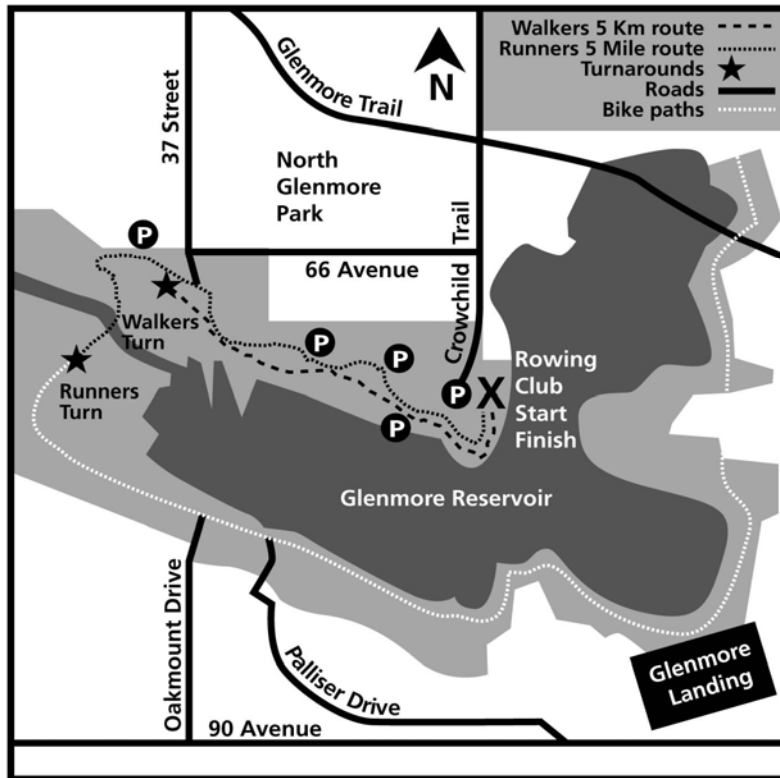


Betty's run for ALS

RACE DAY AGENDA -- SUNDAY, JUNE 13, 2010

- 8:00 AM** **PLAN TO COME EARLY TO AVOID THE PARKING RUSH !! (See Map on reverse)**
DRIVE SOUTH ON 37TH ST. TO NORTH GLENMORE PARK. Our ALS Shuttle Buses will be circulating through the park, on Crowchild Trail and 66th Avenue to bring you from your car to the event. Buses will also be picking up at the Lakeview shopping center.
- 8:00 AM** **Weather permitting there will be a tethered balloon ride.**
- 8:30 AM** **WELCOME TO BETTY'S RUN FOR ALS**
- Last Minute Registration/Pledges - on-site Run Registration Bldg. (Calgary Canoe Club)
 - Information Booth with Baggage Check-in and Lost & Found
- 8:30 AM** **CHURCH SERVICE - *PATHWAY CHURCH*** Look for direction signs on-site
- 9:00 AM** **PRE-EVENT ACTIVITIES**
- Welcome by MCs - Mark Hopkins, Local Theatre Artist & Pat Merz, Betty's Run Volunteer
 - Music with The Calgary Fiddlers & Bow Valley Fiddlers
 - Pre-event Snacks at the *Betty's Run Snack Bar*
 - Kids' Zone - face painting, bubbles & castle jump
 - ALS Information Tent
 - **9:40 AM WARM-UP FOR WALKERS** with Shannon Clements
- 10:00 AM** **WALK START** - Led by 2010 Ambassador Ed Karpetz
- 10:10 AM** **WARM-UP FOR RUNNERS** with Shannon Clements
- 10:30 AM** **RUN START**
- On-going** **EVENT FESTIVITIES, MUSIC & ENTERTAINMENT**
- Food & Refreshments - Burgers/hot dogs/chips at *Betty's Bistro*
 - ALS Information Tent
 - Massage those sore muscles, courtesy of Docere Wellness Centre
- PRIZES AND MORE PRIZES!** Prizes will be drawn during the Run, so **CHECK THE PRIZE BOARD** for your name to see if you have won!
- 11:15 AM** **PRESENTATIONS** (Immediately following the walk/run)
- Jim Gray, Honorary Chairperson of the ALS Society of Alberta
 - 2010 Ambassador Ed Karpetz
 - Jane Rivest, ALS Society and Betty's Run Committee
 - Top Runners' Medals and Team Presentations - Wendy Crewson
- 11:45 AM** **PRIZES** (To be eligible, pledges must be submitted before 9:30 am at Registration in the Calgary Canoe Club)
- Dollar Amount of Collected Pledges by an Individual
 - Team with Highest Total Dollar Amount of Collected Pledges
 - Kids' Draw (12 and under) - Draw entry box in the Kid's Zone

Betty's run for ALS



Watch for the Betty's Run Shuttle Bus at Lakeview Shopping Center, along 66 Ave, Weaselhead Parking Lot and North Glenmore Park – commencing at 7:30 am.

!! CONSTRUCTION ALERT !!

The City is doing Construction on 66th Ave and in North Glenmore Park.

!! THIS MEANS !!

- There is **VERY LIMITED** access to North Glenmore Park from Crowchild Trail. We **STONGLY RECOMMEND** that you enter the park from 37 Street.
- Extra buses have been added this year. As usual there is limited parking in North Glenmore Park. We suggest you park on the streets adjacent to 66th Ave and walk to 66th Avenue where buses will pick you up or walk down to the parking lot on 37 Street above the Weaselhead and the buses will meet you there. Buses will also pickup at the Lakeview Shopping Center.

For 2010 – a van will be on the roadway during the walk/run if you would like a ride back to the start line.