

**Allergy
Asthma**
information
association
www.aaia.ca

Principal Sponsor

EPIPEN.ca
(Epinephrine) Auto-Injectors 0.3/0.15mg



The Canadian
Allergy, Asthma
and Immunology Foundation

Triple "A" **5 km & 10 km Run/Walk** **2 km Family Scamper**

Proceeds to support Allergy,
Asthma & Anaphylaxis
research and education



Ottawa, ON • May 1, 2010

Whitby, ON • May 15, 2010

Windsor, ON • May 29, 2010

Kelowna, BC • May 16, 2010

Bedford, NS • May 30, 2010

For more information go to www.runningroom.com



Register On-line at www.runningroom.com

See Reverse For More Details

Date & Location

Ottawa, Ontario - Saturday, May 1, 2010

Tunney's Pasture, Parkdale Ave.



Date & Location

Whitby, Ontario - Saturday, May 15, 2010

Heydenshore Pavilion, adjacent to the Whitby Waterfront Trail

Date & Location

Windsor, Ontario - Saturday, May 29, 2010

Assumption Park - Askin Ave, Windsor

Event & Times

Ottawa, Whitby & Windsor

10 km Walk starts at 9:30 am

5 km Run/Walk and 10 km Run starts at 10:00 am

2 km Family Scamper starts at 10:00 am

NOTE: All events feature chip timing.

For detailed map visit www.runningroom.com

Date, Time & Location

Kelowna, British Columbia - Sunday, May 16, 2010

City Park

5 km Run/Walk starts at 10:10 am

This event will feature clock timing.

2 km Family Scamper starts at 10:00 am

8 km Run or 10 km Run to be determined (See website below)

Date, Time & Location

Bedford, Nova Scotia - Sunday, May 30, 2010

DeWolfe Park, Bedford

10 km Walk starts at 9:30 am

5 km Run/Walk and 10 km Run starts at 10:00 am

This event will feature chip timing.

2 km Family Scamper starts at 10:00 am

About the AAIA

Created over 40 years ago, the Allergy Asthma Information

Association (AAIA) is a member-based registered charity specializing in allergy, asthma and anaphylaxis.

Go to www.aaia.ca or call **1-888-250-2298** for more information.

About Epipen®

Epipen is an auto-injector that administers epinephrine (also known as adreneline) - the medication recognized by healthcare professionals as the treatment of choice for severe allergic reactions

Five Seasons

For the individual and/or family who raises the most money in pledges.....

Heating & Air Conditioning
Amana

Five Seasons is giving away an Amana Whole House HEPA/UV/PCO Air Filtration System, valued at \$2000.00.

Free Microfibre training t-shirt guaranteed with all advanced registration.

Medals will be awarded.

Registration and entry forms as well as pledge forms are online at www.runningroom.com

Donations to the event also accepted.

AAIA Charitable Registration #

131-765-174 RR0001

www.aaia.ca

