

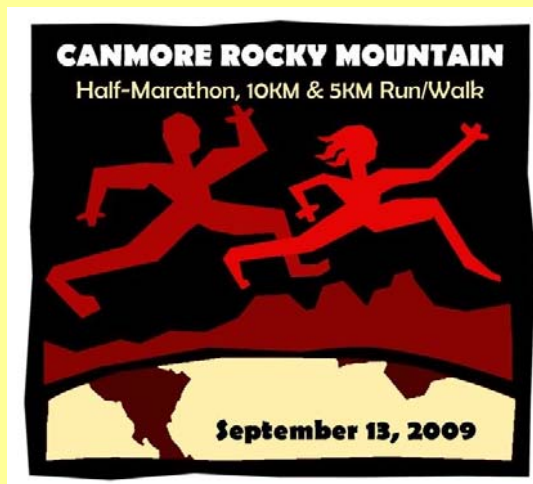
2009 Canmore Rocky Mountain Race Report Issue No. 1

Green Focus

CAUSE Canada strives to make the Rocky Mountain Half Marathon the most environmentally friendly race in North America. Some of the things we do to lessen our impact on the beautiful race course include:

- Recycling virtually everything, resulting in a waste-free Start/Finish zone.
- Exclusively using compostable cups sourced from renewable materials.
- Operating support-bicycles along the race course, as opposed to typical carbon generating support-vehicles.
- Administering a paper-free registration process.
- Serving only food and drinks which are locally sourced.

There are many ways you can help make the race as sustainable as possible. This year please consider bringing your own re-useable water bottle and coffee mug instead of using disposable cups, and keep an eye out for running clothes made from recycled and ethically sourced materials.



The **Canmore Rocky Mountain Race Report** is the official Newsletter of the **Canmore Rocky Mountain Half-Marathon, 10Km and 5Km Run/Walk**.

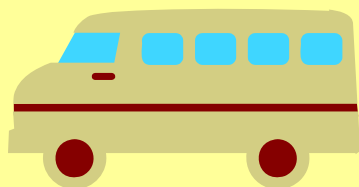
Call for Volunteers

This year's race has an unprecedented number of runners registered! This means that a large team of volunteers is more important than ever before. If you have friends or family members looking to support you on race day, we would love to have them as volunteers. We have jobs for all ages and skill levels. Volunteers will each receive a Race Volunteer T-Shirt, and be entered to win a weekend getaway package in the Rockies. Even better, for each volunteer you recruit we'll enter you in the raffle as well!

To sign-up volunteers, please contact Meghan Anderson at (403) 678-3332, or via email at events@cause.ca

Race Central
1-888-55-CAUSE
www.cause.ca

Bio-Bussing



Need transportation between Calgary and Canmore on race day? CAUSE Canada is providing a highly-subsidized bio-fuel shuttle to the race.

In order to ensure this service is available, we need runners to indicate interest in advance.

If you would like to see a shuttle made available, please call **Alanna Thompson** at **(403) 678-3332** or at **alannathompson@cause.ca**.

Race Package Pick-Up

Pick-up of runners' packages and race bibs will take place in both Canmore and Calgary.

The Canmore pick-up location is the gymnasium at **Lawrence Grassi Middle School**, located at **730 4th St, Canmore AB, T1W 2L4**.

Race packages will be available in Canmore

- Saturday, September 12th from 9:00am until 4:00pm
- Sunday, September 13th (Race Day!) from 7:00am until 9:00am

In Calgary, package pick-up will take place at Forzani's **The Tech Shop** in Mission, located at **2415 4th Street SW, Calgary, AB T2S 1X5**.

Race-package pick-up at The Tech Shop will be available

- Wednesday September 9th from 12:00pm to 8:00pm
- Thursday September 10th from 12:00pm until 8:00pm
- Friday September 11th from 12:00pm until 6:00pm

5KM Course Change

Due to an enormous increase in participants in this year's 5KM run, the race organizing team has been hard at work re-designing the course to accommodate all our runners comfortably. The new course boasts more scenic trails, better views, and allows runners to explore more of Canmore. **In order to ensure that all runners have the safest, most enjoyable experience possible we will have to ask that runners leave strollers and burleys at home as they cannot be used on some of the newly added pathways.**

There may also be slight changes in this year's race start times. Keep an eye out in future race reports and on the website (www.cause.ca).

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Racing for a CAUSE

Participants in the Canmore Rocky Mountain Half Marathon love the opportunity to challenge themselves, race outdoors in a spectacular setting, and involve themselves in the Canmore community. Runners however, are often unaware of how significant their participation is, not just locally, but globally.

Every dollar of profit raised by the Canmore Rocky Mountain events goes towards bettering the planet, and the lives of thousands of disadvantaged women and children in Guatemala, Honduras and Sierra Leone.

By pledging in this year's event, you can provide women with literacy, numeracy and business training which allows them to take control of their lives. Your pledges will allow women to better the health of the planet, and in doing so improve their livelihoods and those of their children and neighbors. Furthermore, CAUSE Canada's development initiatives tie into our dedication to sustainability. Projects such as Organic Farming Cooperatives and re-forestation provide opportunities for women and help protect the planet.



CAUSE Kids students in Sierra Leone show off some of the produce grown in their school's organic garden. The food grown in the organic garden supplies the school's lunch program, and acts as a teaching tool on self-sufficiency and environmental stewardship.

Did you know...?

- Women perform 67% of the world's working hours, but only earn 10% of the world's income.
- Women own less than 1% of the world's property.
- A heightened level of literacy amongst women in suffering countries immediately results in better living conditions and environment, stronger health, and less preventable illness and incapacitation.

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Visit www.cause.ca/pledging to download a pledge form or have people support you online. Every pledge helps!

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