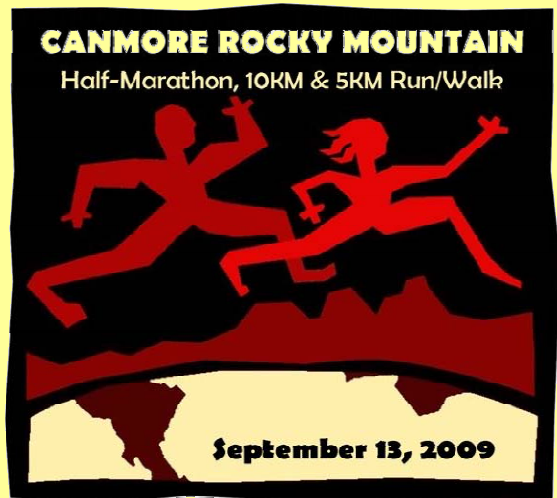


# 2009 Canmore Rocky Mountain Race Report Issue No. 3

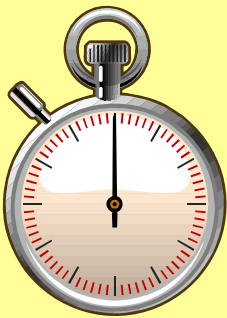
## Free Beer!



Wild Rose Brewery in Calgary will be providing us with more of their fantastic beer again this year. Each runner over 18 will get a free beer. If you are interested in visiting the beer gardens and picking up your free beer after the race, show up at the tent with your race bib. Please make sure that you also come equipped with at least **2 pieces of ID.**



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



## Timing Chips

Timing chips this year will be available at Race-package pick-up. The chips are re-useable so we would love to see as many returned on race day as possible. Drop them in the chip-recycling bins when you cross the finish line.

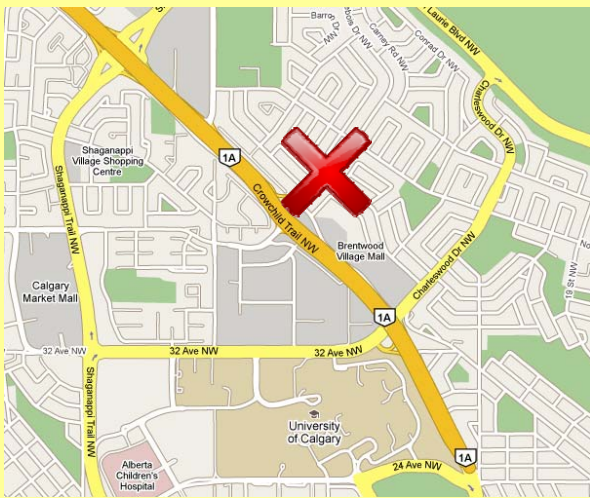
## Lactic Acid in my Cup?

Yes, just like your burning quads, the biodegradable cups used at the race contain a lot of lactic acid. To learn about how starch from corn and sugar can be transformed into plastic check out the links at <http://www.cause.ca/marathon/greenfocus>

**Don't Get Lost.** Check out the updated course-maps for all three events at: <http://www.cause.ca/marathon/course/maps>

## Transportation Resources

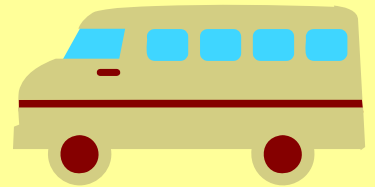
### Bio-Bussing



Click on the image at above for a map of the Brentwood Park and Ride area

We are providing a subsidized bio-diesel bus between Calgary and Canmore on race day. To reserve a spot on the shuttle contact Alanna Thompson at [alannathompson@cause.ca](mailto:alannathompson@cause.ca) or by telephone at 403-678-3332.

The bus will depart from Brentwood C-Train station at 7:30 AM and make its way back from the race at 2:00 PM. Parking at the station will be free on race-day.



Cost for the shuttle is \$15 return, cash only, pay at the bus. Spots are limited. To reserve your spot, contact Alanna Thompson before **September 7th**.

### Carpooling

If you're interested in carpooling to the race, check out our Pick-up Pal group at <http://www.pickuppal.com/pup/group/Canmore-Rocky-Mountain-Half-Marathon#summary>. Post where you are leaving from and at what time to see if anybody in your area could give you a lift, or help you save gas money.

### What else is going on at CAUSE?

Next week CAUSE Kids schools open for the new school year. CAUSE has recently built three new schools in Sierra Leone, bringing the total up to five. This means that over 1400 Sierra Leonean children now have access to an education. CAUSE Kids also provide students with hearty nutritious meals supplied by the schools' organic gardens.

To learn more about children's programs in Sierra Leone, visit <http://causekids.ca/>

## Pledge Collecting Tips

- Take your pledge sheet everywhere you go.
- Ask for a specific amount (ie \$20) or mention "My average pledge has been around \$\_\_\_\_"
- Send a personalized letter or email.
- Host a casual day at work with employees paying five dollars to wear jeans.
- Change your answering machine to mention your participation in the race. Create an email signature that says "I'm running the Rocky Mountain Half Marathon. Will you sponsor me?"
- Make a bad habit pay off by making a "bad habit" jar at work or home. If you commit the bad habit, you have to donate \$1.
- Post an e-mail on your company's "Announcements" bulletin board. Send respondents a pledge form.
- If you're racing for fun, offer to do something embarrassing in exchange for pledges "I.e. I will run in retro neon shorts if you donate \$20"

## Some Motivational Facts....

- \$40 will provide a classroom with new books.
- \$50 Trains 12 Central American women in literacy and business.
- \$50 can also provide 100 seedlings to a primary school for planting by students and teachers during "Plant a Tree Week"
- Every dollar donated will be matched on a 3-1 basis by CIDA! For every dollar you raise, four dollars arrive in a project area.

## Special Thanks to our Sponsors



Aqua Source, Bow Valley Waste Management, Bullfrog Power, Ever Bamboo, Fitter First, Flying Pigs Recycling, Kicking Horse Coffee, Lafarge, Lulu Lemon Banff, New Dog, The Phone Store, Planet Foods, Positive People Placement, Riverside Spa, Rocky Mountain Ski Lodge, S2S Electric, Sarum Plumbing, Sobeys, The UPS Store, Wildrose Brewery.

Visit [www.cause.ca/pledging](http://www.cause.ca/pledging) to download a pledge form or have people support you online. Every pledge helps!

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**Race Central**  
1-888-55-CAUSE  
[www.cause.ca](http://www.cause.ca)