



The 1st Annual Keystone Campaign *Run for Excellence*

Come out and run or walk during Workplace Wellness Week! In the spirit of excellence, “why not” attempt your personal best!

- Set the Keystone record for the fastest time
- Assemble the largest group of walkers
- Break the Ring Road 10 minute mark
- Be the fastest three-legged team

When: Friday, October 26, 2007

Where: Davis Centre (Ring Road entrance)

Run start time: 12:15 p.m. (bib handout at 11:45 a.m. in the Davis Centre Fishbowl)

How long: One lap around Ring Road (approx. 2½ km)

Water bottles commemorating the event will be provided to the first 50 participants to register.

You must register to participate. Entry fee: \$10.00

Please return form and payment to: **Krishna Mistry, Development and Alumni Affairs, ext. 37195** or kmistry@uwaterloo.ca

Cash or cheque (made payable to the University of Waterloo)

Registration Form for the Keystone *Run for Excellence*

Name: _____ **Payment:** _____ running

Dept: _____ **Ext:** _____ walking

Email Address: _____

By including a \$20 donation with your Run for Excellence registration, you will support student scholarships, an important priority for UW, and you’ll receive a tax receipt.

\$10 entry fee

\$30 entry fee plus Keystone donation