

**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](http://www.runningroom.com)



**Register On-line at [www.runningroom.com](http://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](http://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](http://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](http://www.runningroom.com)

Donations to the event also accepted.

AAIA Charitable Registration #

131-765-174 RR0001

[www.aaia.ca](http://www.aaia.ca)

