

WE NEED YOUR SUPPORT



83 year old Tommy Virtue is a member of the Hearing Loss Support group at Island Deaf & Hard of Hearing Centre (IDHHC) and has been a participant in the Sound & Silence Run/Walk for the past 5 years. He is so enthusiastic

about being faster than a speeding bullet that, in the past, he has donned Superman duds for the event. Tommy states, "Walking in this important fundraiser gives me an opportunity to meet others who have a hearing loss. It is a great way to meet new friends and, at the same time, raise funds in support of the valuable programs and services offered at IDHHC. I have lived with a hearing loss for many years so I know all about the challenges and struggles that people face. It is reassuring to know that there is an organization like IDHHC dedicated to meeting the many needs of individuals and families that are dealing with hearing loss."

The funds raised by the Sound and Silence Run/Walk support people like Tommy who are living with a hearing loss. The Island Deaf & Hard of Hearing Centre (IDHHC) is the only social service agency on Vancouver Island providing services and programs for people with hearing loss. These include: individual and family counselling, employment, vocational and career counselling, individual advocacy, support groups, aural rehabilitation, technical aids, and interpreting and captioning services.

THANK YOU TO ALL OUR SPONSORS

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ISLAND DEAF & HARD OF HEARING CENTRE
Victoria Nanaimo

#300-1627 Fort St.

#205-55 Victoria Rd

Victoria, BC, V8R 1H8

Nanaimo, BC, V9R 5N9

Voice: (250) 592-8144

Voice: (250) 753-0999

TTY: (250) 592-8147

TTY: (250) 753-0977

Email: idthhc@idthhc.ca • Web: www.idthhc.ca

ISLAND HEARING SERVICES PRESENTS

SOUND & SILENCE



IDHHC

ISLAND DEAF & HARD OF HEARING CENTRE

10K RUN/WALK • 5K WALK



SCENIC & CERTIFIED SUNDAY, AUGUST 21/05

A FUNDRAISING EVENT FOR ISLAND DEAF & HARD OF HEARING CENTRE

REGISTRATION FORM

Full Name: _____

Age (on race day): _____ Gender: M F

Address: _____

Phone: _____ Email: _____

Cheque Cash \$ _____ (Amount Submitted)

Make cheques payable to:

Island Deaf and Hard of Hearing Centre

Walk/Run Entry: Do you have a hearing loss?

10 km Run Yes No

10 km Walk

5 km Walk

Entry Fee: \$15.

Raise \$65 in pledges and receive a long sleeve technical shirt with event logo.

Early Bird Special!

Register before July 1st to receive a pair

of running socks.

Men's sizes: small medium large

Please mail entries to:

Island Deaf and Hard of Hearing Centre
#300 - 1627 Fort Street, Victoria, BC V8R 1H8

Or drop off race entries at:

Frontrunners, 1200 Vancouver Street, Victoria, BC

Athlete's Waiver:

In consideration of accepting this entry, I hereby for myself, my heir, executors and administrators, waive and release any and all rights or claims for damages against organizers of this event or their agents, representatives, successors, and assigns or the race sponsors, for any and all injuries and illnesses or losses that I may sustain during the course of the event.

Athlete's Signature: _____

Date: _____

EVENT INFORMATION

Event Date: Sunday, August 21, 2005

Run Start Time: 9:00 am

Walk Start Time: 8:30 am (5 & 10 km walk)

Late Registration: 7:30 am - 8:15 am

Race Start: Michell Bros. Farmers Market

Island View Road & Lockside Trail
(off Pat Bay Highway)

Awards will be given out to the top 3 male & female finishers in each ten year age bracket. Fundraising winners will also be recognized.

Package Pickup:

August 20th (Saturday) 10:00 am - 3:00 pm at Frontrunners

August 21st (Sunday) 7:30 am - 8:45 am at race start

(Michell Bros. Farmers Market)

New this year:

- Long sleeve technical shirt for \$65 raised in pledges.
- Fundraising teams.
- More pledge prizes.

FOR MORE INFORMATION

Event Directors:

EVAN FAGAN:

email: willowsbeach@shaw.ca

KIM TRACE: (250) 514-8390

email: kmtrace@shaw.ca

IDHHC:

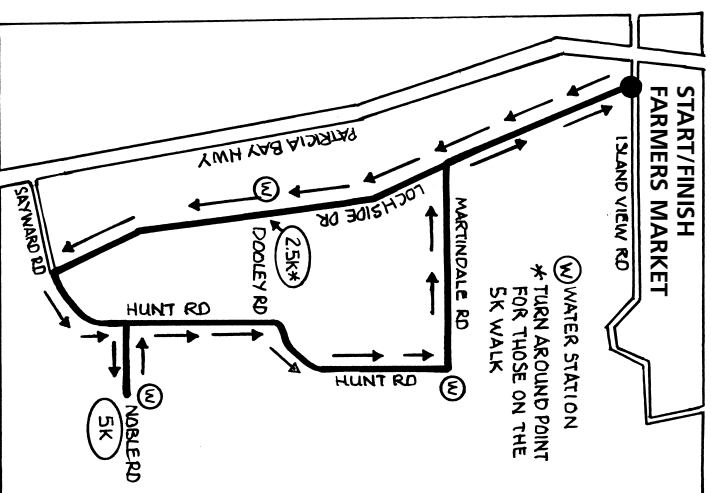
Voice: (250) 592-8144

TTY: (250) 592-8147

Web: www.idhhc.ca or www.idhbc.ca/funrunspot.htm

*Sign Language Interpreting
& Captioning Provided*

SOUND & SILENCE COURSE



Start:

Michell Bros. Farmers Market
Island View Road & Lockside
Trail (off Pat Bay Highway)