



CMCC 35th Annual

BACKS IN MOTION

10km Run & 5km Run/Walk

SUNDAY, APRIL 22, 2018



Race Prizes and Challenges

In addition to kids' participant medals and placement medals, there are over **100 prizes awarded** to:

- Top three male/female overall finishers
- 5k Run: top three male/female finishers in each age category
- 10k Run: top three male/female finishers in each age category

All registered participants will receive a technical run t-shirt and an exclusive run kit filled with prizes and goodies donated by our generous sponsors and supporters.

There will also be a raffle at the awards ceremony for all registered participants with prizes donated by: **The Orthotic Group, Ultimate Glucosamine, Saucony, lululemon athletica, Obusforme and many more!**

Top overall times (Top three)

First place prize (Gold)

- Saucony Running Shoes
Generously donated by The Orthotic Group

Second place prize (Silver)

- Saucony Running Shoes
Generously donated by The Orthotic Group

Third place prize (Bronze)

- Saucony Running Shoes
Generously donated by The Orthotic Group



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Male/Female Finishers (Top three in 5k and 10k) Age categories

- 60+
- 50-59
- 40-49
- 30-39
- 20-29
- 15-19
- 14 and under (10 km only)
- 13-14 (5 km only)
- 12 and under (5 km only)

First place prize (Gold)

- Saucony Running Shoes
Generously donated by The Orthotic Group

Second place prize (Silver)

- Bio-orthotics or pre-fab orthotics
Generously donated by The Orthotic Group

Third place prize (Bronze)

- Bio-orthotics or pre-fab orthotics
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CMCC Class Challenge

Winners of the class challenge will receive an exclusive “VIP Experience” at Riddle Room (579 Yonge Street).

Prize includes:

- 3 hour private space booking for all registered BiM participants and volunteers from the winning class
- Exclusive access to: 6 unique escape rooms, common area with unlimited video games and board games
- A great way to celebrate the school year, and spend some quality time with your classmates

Activity	Points
Registered runner/walker	2
Volunteer	2
Every \$50 pledge raised	2
Friend/Family Member Participation*	2
Performance**	1

*Friend/Family member must indicate name of affiliated student for points to count

**A point will be awarded for each 5k or 10k runner that places in the top 10 of their run category



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Homecoming Class Challenge

Eligibility:

CMCC alumni from the Classes of '53, '58, '63, '68, '73, '78, '83, '88, '93, '98, '03, '08, '13 and '17 are eligible

Goal: Highest funds raised

Award: Trophy presentation at Homecoming '18 (June 1 & 2). For every \$1000 raised by each class, they will receive a brass plate on a desk in Lecture Hall 1 at CMCC.

Fundraising Prizes

Fundraiser's who raise over the following amounts will have their registration fees waived AND will receive an **Obus Ultraform Demo unit** courtesy of Obusforme.

- \$100 in pledges (CMCC Staff, Faculty and Alumni excluding Board of Governors)
- \$50 in pledges (CMCC students)

The person who pledges the highest amount of funds raised will receive a \$100 VISA gift card and a gift basket donated by our sponsors (value: \$250.00).