

Message from Theresa

Hi everyone,

Welcome to our first edition of the ONERUN newsletter. At the outset I would like to thank each of you. By taking a look at this newsletter it means that you have taken an interest in ONERUN.

Why a ONERUN newsletter?

Well, there are a lot of different activities going on related to ONERUN. If you were at the launch last week you would have seen the energy that is behind each of the activities. The newsletter will put all of these events in one place so you can see what you may want to participate in, or if you are a volunteer, to see what activities interest you.

We will issue 3 such newsletters between now and June 10th when I will again be running in support of breast cancer research.

This year I am again very excited and very humbled by the number of people who want to become involved with ONERUN. We raised \$180,000 last year and we want to try to top that in 2011.

Our thanks for being involved and please go to www.onerun.ca for the latest information on booking your school – I look forward to sharing the “from Challenge to Triumph” message to our youth.

-Theresa

School Outreach Program

Theresa is off and running to reach her goal of visiting and speaking to 100 schools – elementary, secondary, and post-secondary – before her run on June 10, 2011.

The energy-filled kick-off held on November 22nd at two London schools (Tecumseh and St. Pius X) was a huge success. Special guests provided inspirational messages in support of ONERUN. Terry Roberts from TVDSB, Dan Ross from LHSC and Dr. Ann Chambers along with others joined Theresa and the ONERUN team to launch the School Outreach Program.

To date, eight additional schools have been booked with seven requests coming through the “book my school” web form at www.onerun.ca. The interest grows daily! Sarnia and area schools are leading the race to book Theresa. Way to go Sarnia team!

Students at participating schools will receive a discount coupon allowing them to shop for fantastic merchandise at employee prices in Columbia’s Strathroy store. AND 10% of all sales using those coupons go directly to support ONERUN.

Click [here](#) to book your school.



View more photos



Theresa taking the students through a “dynamite” routine with Tecumseh students during the kickoff.



Theresa talking to the students of St. Pius. Questions ranged from “How do you catch cancer?” to “How far is 100 kilometres?”

Sponsors

A big ONERUN welcome to returning sponsors!

Presenting Sponsors:

GoodLife Fitness is once again the presenting sponsor of ONERUN. Come and join the ONERUN workouts at a GoodLife Fitness location near you!

Columbia Sportswear is the presenting sponsor of ONERUN's School Outreach Program and has generously offered coupons to participating schools to visit their employee store in Strathroy where 10% of all purchases go to ONERUN!

Gold Sponsors:

A Channel News - Media sponsor

Silver Sponsors:

Data Group - handles ONERUN's printing needs and requirements

Dice Designs

Libro Financial Group - financial partner

London X-Ray Associates - also supports the School Outreach Program by providing information on diagnostics

New Era Grafix - from T-shirts to water bottles, NEG is the ONERUN store supplier

Orange Box Inc. - our 2011 web support

Rocks Custom Embroidery - will "rock" at the ONERUN Golf Scramble on May 29th

Sock It Solutions - original ONERUN web design and creators of onerun.ca

Bronze Sponsors:

AVW-TELAV - providers of ONERUN audio visual equipment needs

Brookfield Renewable Power

Can-Am RV - ONERUN RV for June 10th

The Catering Company - caterers of the ONERUN Kick-Off on January 10th

Lumani, Bartja Group

McCulloch's - ONERUN will reach for the sky with balloons!

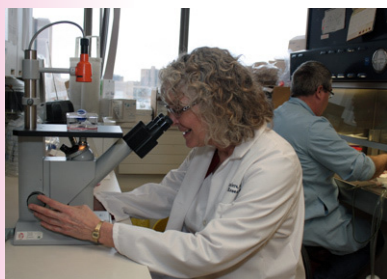
Med Tech - ONERUN bracelet provider

Trojan UV - protecting the world's water supply and believing in breast cancer research

LHSC Update

Where are your ONERUN donations going?

Donations received by ONERUN will go to support breast cancer patients and fund the internationally recognized research conducted by the scientists at the Pamela Greenaway-Kohlmeier Translational Breast Cancer Unit.



Translational research transfers laboratory breakthroughs to patient care as quickly as possible, so that basic research discoveries result in new clinical treatments, practices and procedures.

Dr. Ann Chambers leads a team of amazing researchers at London Health Science Centre's Regional Cancer Program at Victoria Hospital. It will allow current therapies to be

better utilized to target metastatic disease and will lead to new, more effective therapies to better treat or prevent cancer metastasis.

**GoodLife
FITNESS**

The good life. Made easy.

Columbia



Sponsorship opportunities are still available! Please contact Sonya Slaven at sonya@onerun.ca for more details. We couldn't do it without you! Thanks for your support.

Read more about the Pamela Greenaway-Kohlmeier Translational Breast Cancer Unit.

Read more about the LHSC.

Track Meet Updates



Attention all elementary school coaches! The ONERUN team invites you and your team to participate in the ONERUN Track and Field meet for elementary schools at T.D. Waterhouse Stadium on Tuesday, May 10th (raindate May 11th). In order to be eligible for this meet, your school must have Theresa Carriere speak at your school.

Entry Fees and Deadline:

Confirmation of attendance by e-mail: Entries will be limited to the first 30 schools. We will keep a waiting list if we think we will be able to handle more entries. Confirm your attendance with Vickie Croley at vickie@onerun.ca. Please indicate the approximate number of athletes that you will be entering. You will receive an e-mail notification to let you know if your school was selected to enter. Entries will be accepted on a first come, first served basis.

Deadline for Entries and Entry Fee: Friday May 6th, 2011

No late, telephoned, e-mailed or faxed entries will be accepted. Only schools that have previously confirmed their entry by e-mail will be accepted.

Fee: \$100 per school or more than \$100 as a donation to breast cancer
\$60 ONLY if under 20 athletes

Cheques/money orders to be made payable to ONERUN.
Entry fees must be accepted by the Friday May 6th entry deadline.

For further information about the meet contact:

Vickie Croley, Head Track and Field Coach,
The University of Western Ontario
519-661-2111 x85073
vickie@onerun.ca

Send entry fee to:
Vickie Croley, ONERUN Track & Field Meet Director
2147 Thames Hall
The University of Western Ontario
London, Ontario
N6A 3K7

Fundraising



Yoga for Runners - January 22

NOTE: Venue changed to Sherwood Forest GoodLife (1225 Wonderland Rd N.)

A Yoga program designed specifically for runners led by Christine Felstead who pioneered the development of yoga for runners and today is the leading authority on the practice.

There is still some room left to register. Register at New Balance London 1422 Fanshawe Park Rd. for \$45 or contact thilly@execulink.com

Basketball Tournament - January 28 and 29

Twenty four teams will be participating in a basketball tournament at Mother Teresa High School. Each team is guaranteed five 30 minute games. There will be 16 girls teams and 8 boys teams.

ONEFUN Workouts

Join Theresa and other GoodLife instructors as they lead a one hour "old school" cardio energy workout.



February 5th from 12:00-1:00 p.m. at the Southdale Club

March 10th from 6:30-7:30 p.m. at the Galleria

April 9th from 1:00-2:00 p.m. at Sherwood

April 30th from 9:30-10:30 a.m. in Strathroy

Trivia Night – It's All Greek to Me - April 2

A night of trivia with Greek food, drinks and a silent auction will be held at the Four Season's Restaurant. Details to follow.

Mother's Day Flowers - May 9

Flowers will be available for sale at several locations for Mother's Day. Details to follow.

Cello Supper Club - May 28

A fabulous three course meal for \$50 will be served at 6:30 p.m. Come and enjoy the relaxed and elegant atmosphere with friends. Drinks and music will be available after 8:30 p.m. Contact natalie@onerun.ca.



Sarnia Golf Tournament - May 29

A golf tournament will be held at Huron Oaks followed by dinner and a silent auction for \$80 per person or \$300 per foursome. For non-golfers, dinner is available for \$30. Come and enjoy the relaxed and beautiful course. Contact jasna@onerun.ca.

Virtual Run

By becoming a virtual runner with Theresa, you can make your own 100 km journey by running, walking, cycling or whatever activity you want to do. Sign up [here](#) to become a virtual runner and canvass your friends and family to sponsor you as a ONERUN team members. Registration is \$10 and you will receive a ONERUN 2011 T-shirt to wear.

Upcoming Activities and Events

DATE	EVENT	DETAILS
Sat. Jan. 22nd	Yoga For Runners	2 p.m. - 4 p.m. Sherwood Forest GoodLife (Gainsborough and Wonderland)
Thurs. Jan. 27th	St. Thomas Sports Spectacular	Sports Dinner, St. Thomas
Fri. Jan. 28th & Sat. Jan. 29th	Elementary School Girls & Boys Basketball Tournament	Mother Theresa High School, London
Sat. Feb. 5th	ONEFUN workout	12 p.m. Southdale GoodLife, London
Sat. Feb 5th	Women's Basketball Tournament	UWO
Thurs. Feb. 10th	Dinner with Mayor	Sarnia
Fri. Feb. 11th	ONERUN Pub Night	Sault Ste. Marie Marconi Hall
Tue. Mar. 8th	Tampon Tuesday	4 p.m. - 7 p.m. Jack Astor's, Wellington Rd. S
Thurs. Mar. 10th	ONEFUN workout	6:30 p.m. Galleria GoodLife, London
Mon. Mar. 14th	Fanshawe Fitness Classes and Promo	12 p.m. - 4 p.m. Fanshawe College, London
Fri. Apr. 1st & Sat. Apr. 2nd	The Breast Show in Town	Windermere Manor
Sat. Apr. 2nd	ONERUN Trivia Night	Four Seasons Banquet Hall
Sat. Apr. 9th	ONEFUN workout	1 p.m. Sherwood GoodLife, London
Sat. Apr. 30th	ONEFUN workout	9:30 a.m. Strathroy GoodLife
Tue. May 10th	Track and Field Meet	T.D. Waterhouse Stadium at UWO
Sat. May 28th	Ramblers ONERUN car wash	All day, Loblaws Masonville, London
Sat May 28th	Cello Dinner	6 p.m. London Cello Supper Club
Sun. May 29th	Sarnia Golf Tournament	Huron Oaks Golf Club, Sarnia
Sat. Jun. 4th	SSM Golf Tournament	Sault Ste. Marie, course TBD
Fri. Jun. 10th	ONERUN 2!	

Volunteer Corner



Are you interested in being a ONERUN Volunteer?

Please send your contact information to volunteers@onerun.ca

How you can help...

- Lead a fundraising event!
- Be a part of a group of volunteers who will be asked periodically for help in fundraising events
- Tap into your own networks for :
 - o Donations/Sponsorships
 - o Silent Auction or Raffle items to be used at various events
 - o Participate with friends and family in fundraising events
 - o Help with the promotion of the ONERUN Store – this year we are expanding the line up to include some great stuff!

