

# Event day location



**Google maps link:**  
635401 2 Line  
The Blue Mountains  
NOH 2E0





# Event day timing

**6:45 – 7:20 am** – check-in for registered participants + on-site registration

**7:20 am** – group picture + opening ceremonies (including first set of awards)

**7:30 am** – everyone starts together as sun rises

**~9:30 am** – additional awards

**~2 pm** – final finisher



# Pre-event day pick-up

Swag bags and race bibs will be available for early pick-up:

Friday September 26

5 – 7 pm

63 Kayla Crescent



# **We have a porta potty!**

Thanks to JA Custom Homes, there will be a porta potty at the central aid station this year!

The surrounding trees and rocks are very excited to hear this :)





# Route markers

We have upped our game this year in terms of route marking:



**Routes for each distance option are colour coded**

5 km – teal

10 km – pink

21 km – green

31 km – red



Arrows and flagging tape of the corresponding colour will be used to mark each route



A limited supply of colour coded route maps will be available

# Some extra help



Larger signs will be strategically placed throughout the course, to help with directions and provide encouragement



Alicia + Jen will be available for route questions at the central aid station



We have two sweeps, Laurie + Suzanne, who will make sure everyone makes it to the finish!

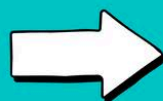


# A sneak peek



You are now entering the magical forest – watch for epic scenery, rocks & roots

Scan to donate & help us change ovarian cancer outcomes, for good



runforher.ca



alicia@runforher.ca

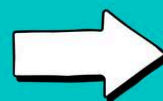


alicia\_runforher



Welcome to the highest point – it's all downhill from now on (not really)

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runforher.ca



alicia@runforher.ca



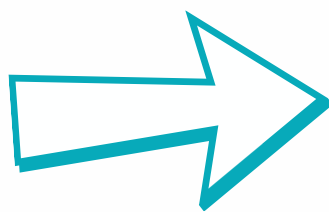
alicia\_runforher

# New this year – on-site product activation

Red Devil Sports will be hosting a tent in the central aid station, showcasing some new trail products\*!



\*Actual  
products  
not pictured





# Carpooling

We are expecting an estimated 150 participants this year and parking is limited – carpooling and/or drop-offs are highly recommended!



# Last but not least, snacks

The snack table will be in full effect:

- ✓ Pickles/pickle juice #iykyk
- ✓ Uncrustables, granola bars, pop tarts
- ✓ Chips and candy
- ✓ Bananas
- ✓ Water + electrolytes
- ✓ Timbits and coffee – donated by Collingwood Tim Hortons

**Snack  
TIME**



**Presenting the  
Run for Her 2025  
awards and prizes  
up for grabs,  
thanks to our  
generous  
community  
partners**



**Day 1/5**



# Gazelle Award

*for first 31 km finisher*



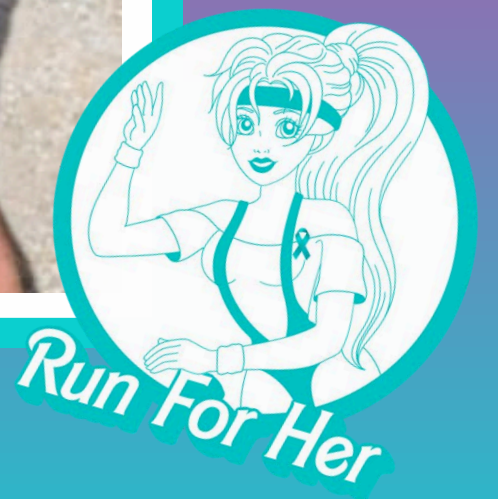
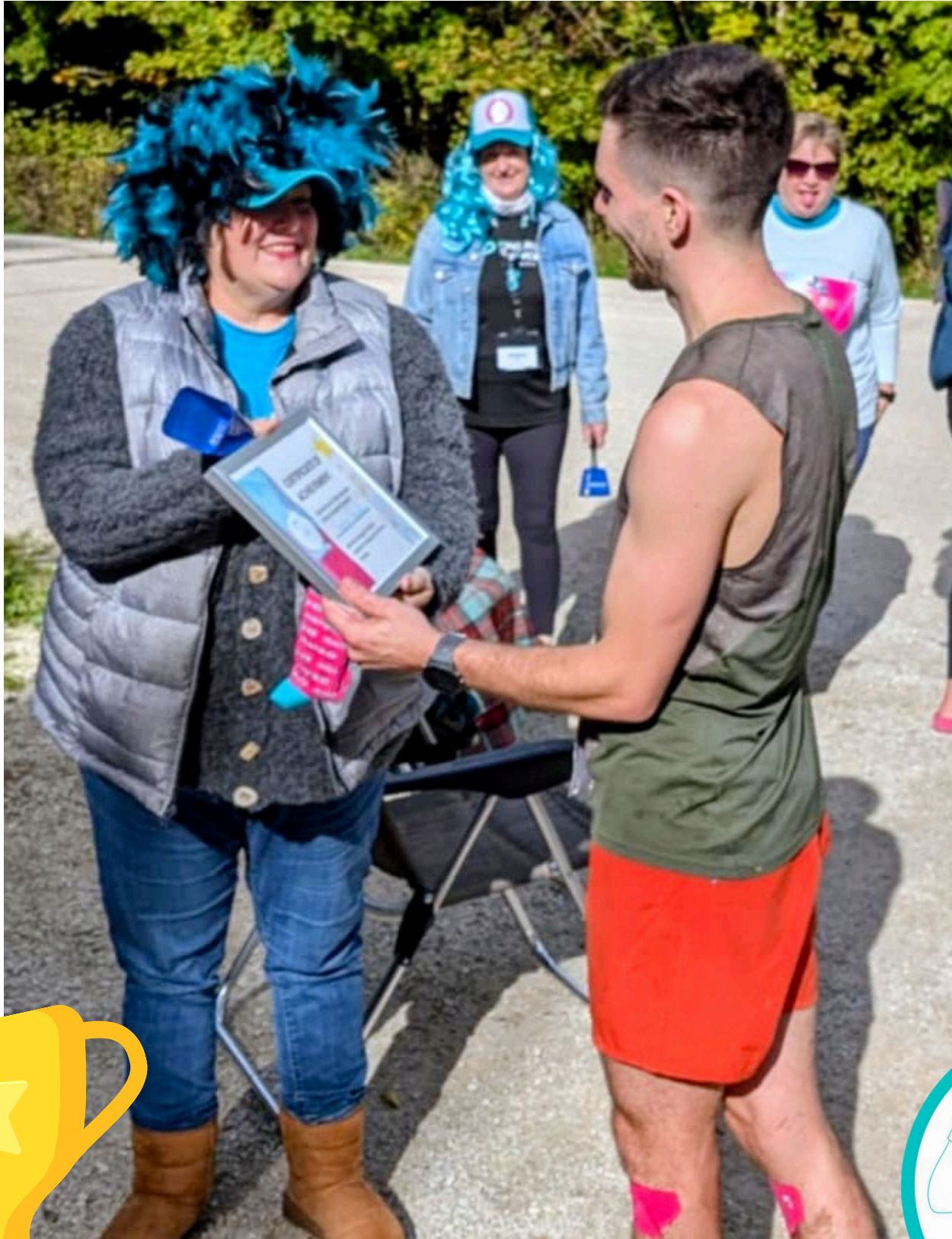
Unisex Salomon running  
vest c/o VO2 sports





# Gazelle Award

*2024 winner Jason Columbus*

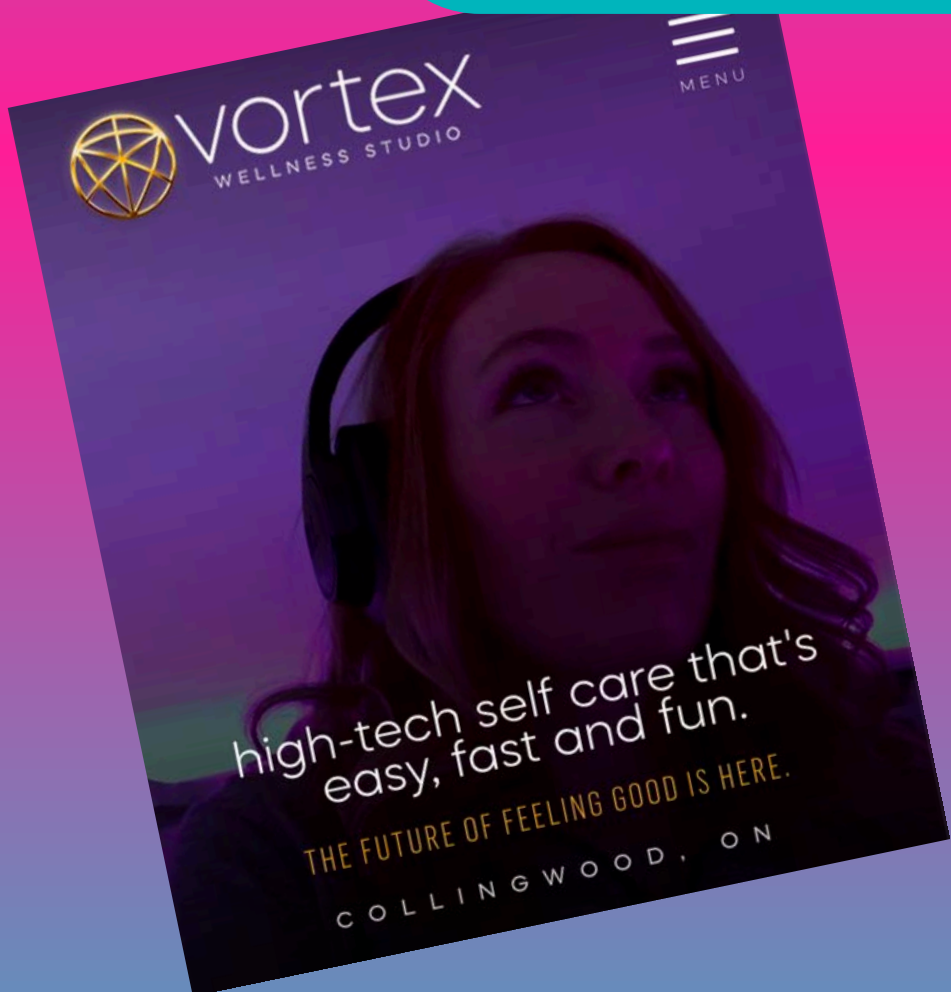




# Grit Award

*for final 31 km finisher*

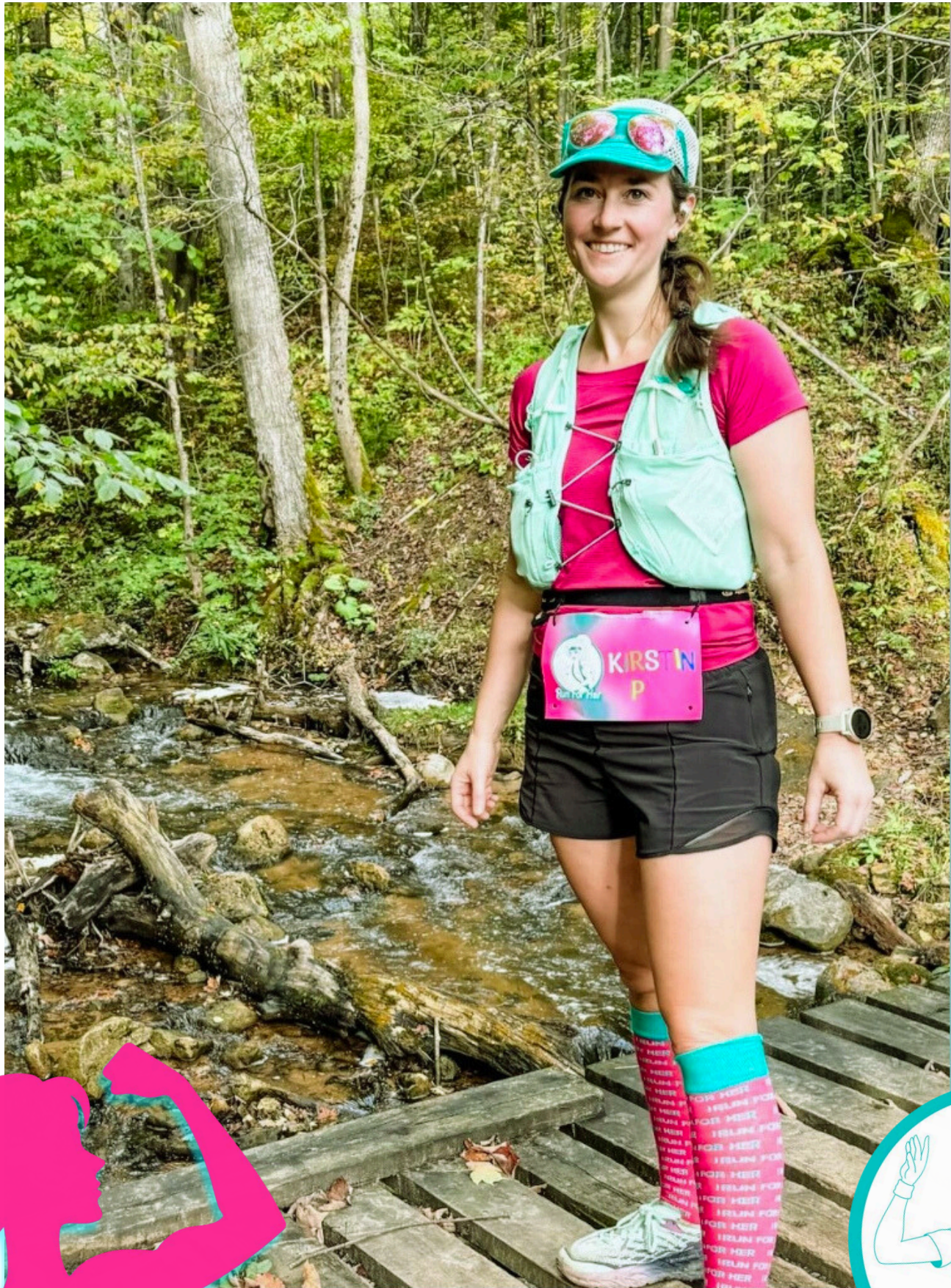
6-pack compression





# Grit Award

*2024 winner Kirstin Pilkey*







# Official RFH historical record

## Annual Run for Her Gazelle Award

2022  
Brett Buck  
3:31:05

2023  
Kate Ditullo &  
Krista Allen  
3:42:15

2024  
Jason Columbus - 2:58:23  
Midland Run Rebellion

## Annual Run for Her Grit Award

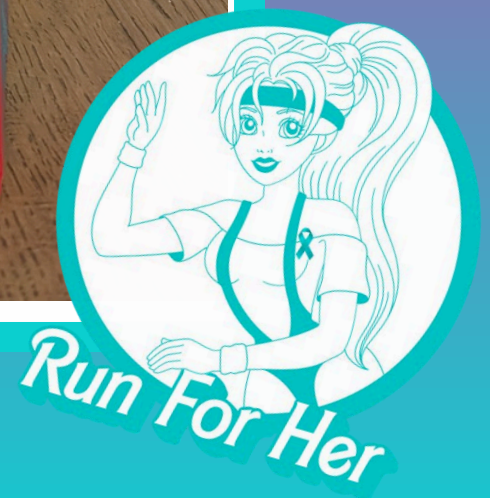
2022  
Alicia Tone  
6:52:18

2023  
Alicia Tone  
6:15:46

2024  
Kristin Pilkey  
6:27:12



Our version of trophies  
#gottahavemorecowbell





A little token for every person  
who crosses the finish line –  
regardless of distance or time



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**Day 2/5**

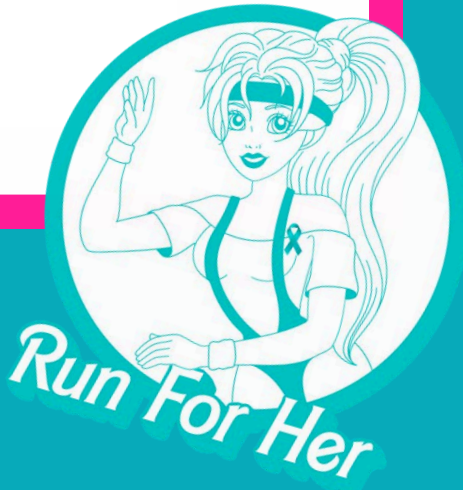




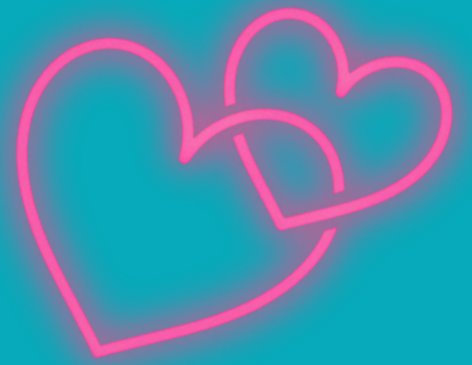
# Christy Hamill Courage Award



EVERLOVE  
healing + yoga



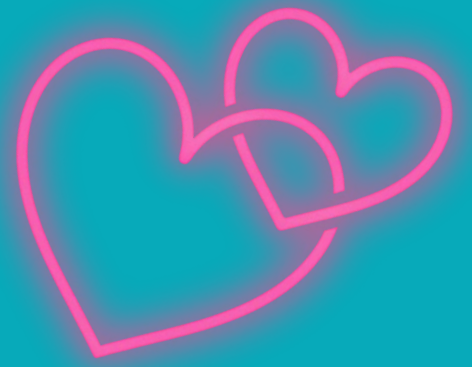




## **A tribute to Christy**

On September 22, 2024 – 6 days before the Run for Her – Christy Hamill posted a video on social media to challenge her friends and family to run, walk or donate on her behalf. Christy had been diagnosed with ovarian cancer in April 2024 and was in active treatment at the time.

By event day, Christy had gathered close to 30 teammates to walk alongside her. Her team collectively raised more than \$12,000 for the cause. Patient advocate volunteers Donna, Peggy and Karen selected Christy as the inaugural “Lady Balls” award recipient, to recognize her strength and determination to make an impact.



We were deeply saddened to learn of Christy's untimely death in March 2025, less than a year after her diagnosis.

Christy's joyful spirit, kindness and passion is immediately clear upon reading her obituary. Despite only meeting her in person once, Christy left a huge impact on our entire team.

To do our small part in honoring her, the "Lady Balls" award will henceforth be renamed the **Christy Hamill Courage Award**.

Thank you, Christy, for inspiring action to help change outcomes for others facing ovarian cancer.



Christy challenging family and friends to support her at the Run for Her 2024.









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**Day 3/5**



# Top fundraising team

**Endswell  
Beer**

BREWERY TOUR AND TASTING

FOR UP TO 6 PEOPLE

**BEER FOR PEOPLE WHO LOVE BEER WITH PEOPLE**

CONTACT [DANA@ENDSWELL.CA](mailto:DANA@ENDSWELL.CA)

TO BOOK YOUR TOUR

**LATER**  
  
**PIZZA**





# Current top 10 teams



Christy's Warriors

\$4,072



Run for Her Crew

\$2,028



Just keep swimming

\$1,479



Rim 2 Rim: For HER

\$1,138



A Group of Mature Women

\$1,053



Shannon's 5k - Finally!

\$1,022



WCC Kicks OVC

\$725



The Dry Run Club

\$626



Team Monica

\$562



Collingwood Tri Club - CTC

\$549

# Top individual fundraiser



blue mountain  
  
tea company





# Current top 10 individuals



Jessica Lawson

\$2,631



Hugh Johnston

\$1,031



Alicia Tone

\$836



Jo-Anna Hamill

\$810



Kristine Berzins

\$701



Shannon Kadar

\$661



Miranda Fallu

\$661



Brittany Gunn

\$562



Kasia Carisse

\$406



Janice Brooks

\$376

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Day 4/5





# Peggy Pickett Spirit Award

info@activeartsmtt.com  
activeartsmtt.com



## DANCE MOVE AND CREATE!



## \$100 GIFT CERTIFICATE

This certificate can be used for any of the following:

Youth and adult dance classes, kids camps and birthday parties

Valid until: **AUGUST 31 2026**



“By the time the weekend came around, Peggy was walking what she knew would likely be the last weeks, possibly months, of her life. She had learned in late August that treatment options were no longer available for her. And so, she knew that it was highly likely that this was going to be her last event.

She spent a lot of the day sitting down, but she did not let any of that hold her back in terms of her enthusiasm and her joy that she wanted to bring to the event... I think Peggy realized that – yes, I have this disease and it likely is going to take my life, but **while I still have my life, there is much that I can do.**”

~Jack Pickett

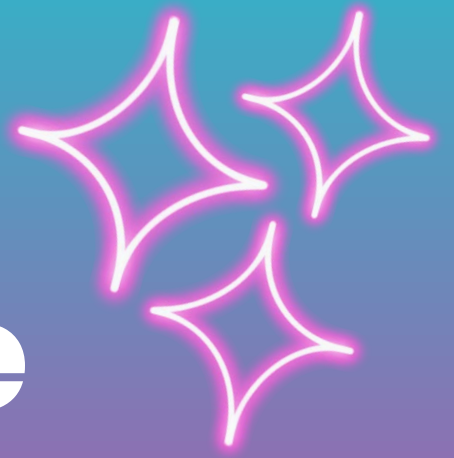








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**Day 5/5**





# Best Dressed Award

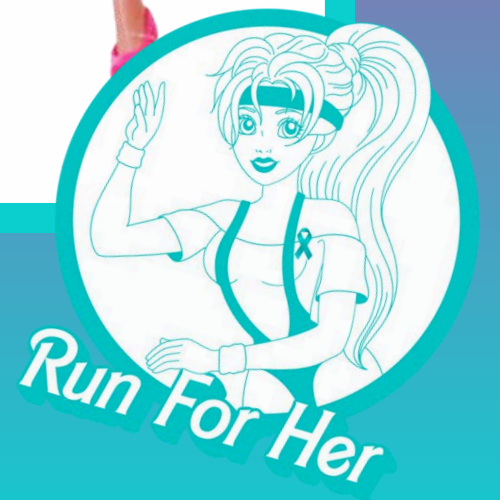
*for most stylish participant*

15% off for 1 year



# Best Dressed Award

*for most stylish participant*





The first 150 registered participants will also get a single use 20% off voucher from Red Devil Sports in their race kit!

20% off (single use)

