

**Run or Walk with Renascent on October 16th**

Stand against stigma and join **Renascent** on October 16th at the Scotiabank Toronto Waterfront Marathon 5Km walk/run. We will be raising awareness and funds to support **Renascent** Foundation and smash the stigma of addiction. You can walk or run a 5k, run a half marathon, or even run the full marathon.



**What can you do to support Renascent?**

1. [Walk or Run with us](https://raceroster.com/events/2016/6374/scotiabank-toronto-waterfront-marathon)! Raise a minimum of $250 in donations and we will cover your registration fee.  Join us for the 5 KM walk or run. If you’re an experienced runner there’s even a half or full marathon!
2. Recruit your friends! Running is more fun with the people you love.
3. [Support a runner](http://my.e2rm.com/personalPage.aspx?registrationID=1356011&langPref=en-CA&Referrer=http://www.torontowaterfrontmarathon.com/en/index.htm)! Pledge any amount towards the**Renascent** Runner in your life.
4. [Support **Renascent**](https://secure.e2rm.com/registrant/FundraisingPage.aspx?RegistrationID=3519827)! Donate directly and help us provide treatment to those who need us most.

**How do I register?**

Registering online is easy:

1. Visit:  <https://raceroster.com/events/2016/6374/scotiabank-toronto-waterfront-marathon>

Select “Renascent Foundation Inc.” in the Scotiabank Group Charity Challenge section of the application, then choose option “Create a fundraising account” and follow the instructions on screen to register.  If you raise more than $250 we will refund your registration fee.
When the application prompts for a code, use: the applicable code for your charity discount. This code is case sensitive.

Use: Marathon or Half Marathon ($80): **16RENF42k**

5k ($40): **16RENF5k**

5k with Stroller ($50): **16RENFst**

1. All participants will get a Scotiabank Toronto Waterfront Marathon t-shirt and a Renascent hat!

**Join us, wear your shirt and stand proudly with Renascent knowing that you are making a difference!**

**Questions?**

Call or email us at 416-847-6444 or imartins@renascent.ca

“We must open doors, and we must see to it they remain open so that others can pass through.”

*Rosemary Brown*