

**Attention CAPM&R Runners, Prospective Runners, and Walkers!  
Important Invitation to Race with Us In 2019!**

Beat a personal best or challenge another centre to race.  
Tour the nation's capital on foot.  
Raise money for the Canadian Physiatry Research and Development Fund.

Join us in Ottawa for the 2019 Tamarack Ottawa Race Weekend, May 25-26 (3 days prior to the CAPM&R 67<sup>th</sup> Annual Scientific Meeting, Ottawa-Gatineau). The Ottawa Race Weekend is one of the largest road race events in Canada and attracts world-class professional athletes. In 2018, over 35,000 participants ran in 6 events, including the marathon, half-marathon, 10K, and 5K – bring your families and run together in the family 2K.

Visit <https://www.runottawa.ca/> for more details and to register!

Email [swiebe@toh.ca](mailto:swiebe@toh.ca) once you register, to join the Fundraising Team. We plan to register CAPM&R runners in the Scotiabank Charity Challenge to raise money for your Foundation, the CPRDF. Race Weekend activities will include a pre-race pasta dinner and a post-race barbecue with your hosts in Ottawa.

What will be *your* race?

Sincerely hoping you register,

Scott Wiebe  
(aiming for a top-10,000 finish in the marathon...)