

# EVERYSTEP COUNTS...

Each year, tens of thousands of Canadians participate in the Canadian Breast Cancer Foundation CIBC Run for the Cure and help to raise funds for important breast cancer research, education, and advocacy initiatives. Support throughout the years has helped the Canadian Breast Cancer Foundation fund research that is changing the face of breast cancer and helping to create a future without it.

**This year promises to be an exciting, powerful, and memorable experience for everybody involved. Speare Seeds is registering a team to participate in the CIBC Run for the Cure in Guelph, ON.**

**We invite you to join our  
'SEEDS FOR THE CURE' TEAM  
to run or walk with us on  
SUNDAY, OCTOBER 5, 2014  
for the 2014 CIBC Run for the Cure.**

In support of  
Canadian  
Breast Cancer  
Foundation



*Seeds for the  
Cure*®



growing  
hope  
one seed  
at a time



SPEARESEEDS

[www.speareseeds.ca](http://www.speareseeds.ca)

**Please contact Krista at 519-338-3840 to join our team or register online. Go to [www.runforthecure.com](http://www.runforthecure.com), select Join a Team and search for 'Seeds for the Cure'. Once you're on our page you can donate or join the team. If you commit to raising \$150, the participation fee will be waived.**

99 John Street N | Harriston, On | NOG 1Z0 F 519.338.2510