



Aplastic Anemia & Myelodysplasia  
ASSOCIATION OF CANADA  
ASSOCIATION CANADIENNE  
de l'anémie aplasique et de la myélodysplasie

# AAMAC Walk / Run / 5k

In conjunction with Scotiabank Marathon



Raise \$100 and your  
fees will be reimbursed!

## How to Register?

### Step 1:

**Vancouver Registration:** <http://canadarunningseries.com/scotiabank-vancouver-half-marathon/register/>

**Toronto Registration:** <http://www.torontowaterfrontmarathon.com/register/>

**Step 2:** Email [info@aamac.ca](mailto:info@aamac.ca) to let us know that you are participating in the marathon for AAMAC. A pledge form will be emailed to you.

**Step 3:** Raise awareness, support and donations!

**Step 4:** Have a great walk or run!

**Step 5:** Mail your donations to: AAMAC 11181 Yonge St., Suite 321,  
Richmond Hill, Ontario L4S 1L2  
(by July 1st)



Raise \$25 and receive  
FREE t-shirt!

## Your support and donation will help people like...

Regan was diagnosed with Aplastic Anemia on her 50th birthday. She endured a grueling year (and a bit) of treatment, ending in a life-saving bone marrow transplant. She is thankful for non-profit organizations such as AAMAC. She feels that Canada is blessed to have a such great support organizations and fantastic medical advances.

JOE was diagnosed with MDS in 2008. He dug deep and found the inner strength to face MDS with a positive attitude and vowed that this disease would not be allowed to live "rent-free" in his head. His motto is, "How shall I live? Not, how shall I die?".

Jesse was diagnosed with AA & PNH in 2014. He underwent a rigorous treatment regimen. Looking back today, he can honestly say that he is very fortunate for the medical advancements that saved his life. Jesse wants you to know, "there is hope".