



🍁 "Walk for VHL" at Scotiabank Toronto Waterfront Marathon (STWM) on October 21, 2018. Raise awareness and funds for the fight against the devastating effects of VHL (von Hippel-Lindau Syndrome). 🍁

Wear T-shirts and bibs "in honour or in memory" of someone special to you or a sponsor. See what our team members liked about last year. You'll be energized: there are 8500 participants in just the 5K, 200 charities in total, and unique views of the city. On the same weekend, 3 landmarks will also be lit red and white for VHL. At the finale, and party, you'll proudly enter Nathan Phillips Square with a finisher's medal.

You'll help us provide direct online and phone support services across the country to patients and loved ones dealing with medical-related challenges. VHL is a rare genetic disease and a life-long battle.

We are cost-efficient. We are volunteer-run. We pay no salaries, just out-of-pocket expenses.

Donations online are free from the regular fees, so everything goes to VHL Canada! The actual marathon is taken care of by Scotiabank, so we get to focus just on representing and fundraising.

It's easy to register, but do it now - they sold-out last year. You'll also get discounted entry fees.

Get started or ask questions: [contact@vhlcan.ca](mailto:contact@vhlcan.ca). For more info: [www.vhlcan.ca](http://www.vhlcan.ca)

Thanks,

Henry

Patient • Peer Support Volunteer • Chair

## Testimonials from fundraisers STWM 2017

*... it was a great experience. Seeing the great turn out of people supporting many causes was inspiring and had such a positive vibe. If I honestly had to say it was a 5 out of 5 for me. It's great seeing people get together to help conquer/find cures*



**Kathy (VHL patient)**

*The Scotiabank marathon is an uplifting experience that brings the community together like few events can. Having a highway all to yourself as a pedestrian will help you experience the brighter side of a highway closure. You will have open air views of Toronto's spectacular skyline, otherwise forbidden to common motorists*



**Glen (board of directors 2017)**

*Our first year doing this extraordinary annual event to raise awareness for VHL was successful!*



**Henry (VHL patient, chair, event administrator)**