

GOLD SPONSORS

Mackesy Smye
LAWYERS

 **BridgePoint**
FINANCIAL

SILVER SPONSORS

 **connect**
A Better Way After Brain Injury

 **GLUCKSTEIN**
LAWYERS

BRONZE SPONSORS

Bartimaeus Rehabilitation Services Inc.
LifeSpan Psychological &
Neuropsychological Services
Innovative Occupational Therapy
Services

EVENT SPONSORS

20th Annual HBIA 5K By the Bay



Pier 4 Park

Saturday, June 14, 2025

REGISTER ONLINE TODAY!

www.HBIA.ca

Schedule of Events:

Registration Opens – 8:30 am

Walk a Mile in My Shoes – 9:45 am

Join survivors of ABI, their families, and our valued community partners in a 1 km walk to raise awareness of acquired brain injury during Brain Injury Awareness month in Canada.

Blake Heys Memorial Kids Fun Run – 10:30am

Calling all elementary students within kindergarten to grade 6 to join our 1 km Blake Heys Memorial Kids Fun Run. We have a fantastic assortment of prizes for winners within each grade category and a VERY special prize for the top pledge collector!

Classic Certified 5K – 11:30 am

Join seasoned runners and first-time racers in our Classic 5K race. Our course is newly certified by Athletics Canada and all participants are chip timed.

Corporate Team – 11:30 am

Classic 5K or 5 x 1K Relay Challenge

Sponsor Exclusive: Enter a team of 5 individuals to represent your company to the finish line in the Classic 5K or enter 5 individuals to compete in the Relay Team Challenge by each sprinting 1K!

BBQ – 11:30 am

Make it a fun family or company event and join us for a celebratory BBQ, speeches and special award ceremony of our *HBIA Survivor Recognition Award*.

JOIN US !

Location: The event starts and ends at Pier 4 Park located at 64 Leander Dr, Hamilton, ON L8L 1N6.

Event Details: Visit registration to sign-in or sign-up on the day of the event. Waiver must be completed to participant. Pledges are encouraged but not required to participate.

Walk a Mile in My Shoes

FREE!

Please note, if you are wanting to walk/run/wheel alongside your family member/ friend, we welcome you to register and receive a customized 5K By the Bay race t-shirt (\$15.00 fee).

Kids Fun Run

\$35.00

Classic 5K

\$55.00

REGISTER ONLINE!

www.hbia.ca OR www.raceroster.com
Search: 5K By the Bay

WHY REGISTER ONLINE? SAVE WITH PRE-REGISTRATION RATES, GUARANTEE YOUR RACE JERSEY, COMPLETE YOUR WAIVER AND PLEDGE DIRECTLY ONLINE!

Do you have questions or want additional information? Get in touch with us!
info@hbia.ca | (289) 442-4023.



20th Annual 5K By the Bay

Race Participant Name:

	Donor Name	Email Address	Address <small>(Street, City, Province, Postal Code) *Required for tax receipt*</small>	Cash or Cheque	Amount
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					



PLEASE PRINT CLEARLY FOR OFFICIAL TAX RECEIPT PURPOSES!

Pledge total on this page:

- donor’s full address with postal code required to issue official tax receipt
- only donations of \$20 or more will be receipted
- cheques must be made payable to: Hamilton Brain Injury Association
- bring total pledge amount; including all cash and cheques received to the event on June 14th, 2025
- OR to **donate online**, visit www.hbia.ca and click the blue donate button in the top right corner. Make a donation in name of a runner by adding their name to the “donation in name of”.