



North Bay
Regional Health
Centre Foundation



Fondation du Centre
régional de santé
de North Bay

Sunday, October 16, 2011
North Bay Regional Health Centre
Hwy 17 just past Gormanville Rd.

Join the fun as North Bay and surrounding communities walk and run in support of our Hospital. In a heartbeat, you can make a difference.

Participate as an individual, a volunteer or go the extra mile and sign up your family, friends and co-workers for the **Team Challenge!**

Promoting a healthy lifestyle... *Our Hospital Walk/Run* is a chip timed recreational event that encourages everyone to get active and keep fit while increasing awareness of our community's healthcare needs. Funds raised through this event will help the Hospital continue to expand its services, improve and develop new programs, and bring leading-edge medical technology to our district.

The Team Challenge

Go the extra mile! Form a team of family members, co-workers, classmates, neighbours or even a social group of friends. Name your team and enter! A team can consist of individuals that **walk, run or volunteer** during the event. Each team member must fill out an individual **Entry Form** (included on the brochure). Clearly print the team name and pay the applicable registration fee (walkers and runners) for your chosen event. Volunteers must be pre-registered and receive training to qualify for points. Team members who walk or run can register the day of the event and still qualify for team points. All pledges raised must be turned in before or on the day of the event to receive your team points.

PLEDGES, POINTS AND OTHER PRIZES

- Your team will receive **TWO POINTS** for every participant, regardless of distance.
- Your team will receive **TWO POINTS** for every Volunteer working prior to and/or on the day of the event.
- Your team will receive **ONE POINT** for every \$50 in pledges raised by your team members. Every team member who raises \$200 in pledges can earn an event, long sleeve technical t-shirt, \$400 or more will earn a full front zip, technical water and wind resistant event jacket, \$700 or more will receive a pull on technical event running pants + the jacket. Raise \$800 and receive the event t-shirt, jacket and running pants.

Every **POINT** gets your team closer to winning the **TEAM CHALLENGE AWARD**.

Winning teams will be announced on FOX 102 FM Monday, October 17th between 8:00 & 8:30 am.

Visit our website

www.ourhospitalwalkrun.ca



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TEAM CHALLENGE AWARDS

The winning **Community Team** will be awarded the coveted *Silver Bed Pan Trophy*. Your team name will be added to the trophy earning you boasting rights until the next Walk/Run! Your team will also receive a plaque with your team picture to keep and a celebratory pizza lunch at their location. Defy *Fortier Friends and Family*, winners of the 2010 Community Team Challenge.



The winning **Hospital Team** will be awarded the *Hospital Team Challenge Trophy*. Your team name will be added to the trophy plus you will add something significant from your department to the trophy, earning your team boasting rights until the next Walk/Run! The winning team will also receive a plaque with your team picture to keep and a celebratory pizza lunch in your department. Defy the *Skeleton Crew* from Diagnostic Imaging.

“*The Spirit Award*”, teams will be judged throughout the event on their spirit through **costumes, cheers and attitude**. The team with the most spirit will have their team name added to the *Spirit Award Trophy* and receive a plaque with their team picture to keep and a celebratory pizza lunch. Defy the *CTS Campus Crew* from CTS Career College.



WIN A TEAM COFFEE PARTY

Register your team **before Friday, September 16th at 4:00 pm** and you and your team will be entered for a draw to win a **TEAM COFFEE PARTY** sponsored by *Twiggs Coffee Roasters* and hosted by the FOX morning team Mitch and Vicki. Complete the attached form. If you're not sure of your team name you can give it to us later. When we receive your registration we will send you everything you need to help your team succeed.



Team 1305 – NNSB Robotics
Visit our website



Basket Cases – Caisse Populaire North Bay limitée



Shoe-ins – Regional Mental Health



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RBC Royal Walkers –2010 Twiggs Coffee Party winners

NEXT STEPS:

- Register your group before September 16th at 4:00 p.m. to be entered in the draw to win the **TEAM COFFEE PARTY**.
- Return this form in person or by mail to the NBRHC Foundation, 50 College Dr. Pod A2, P.O Box 2500, North Bay ON P1B 5A4 or by fax (705) 495-8121.
- When we receive this form, the Foundation will send you a complete Team Captain Package with everything you need to help your team succeed!

If you have any questions, please do not hesitate to call 495-7562.

Yes! Our Team will go the extra mile!!!

Contact Name / Team Captain:

Company, Group, Family or Hospital Department:

Team Name:

Mailing Address:

Telephone #:

Fax #:

E-mail Address:

Visit our website

www.ourhospitalwalkrun.ca