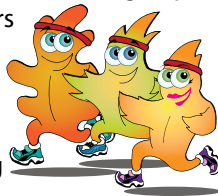


## How to Take Part

Join the fun as an individual, a volunteer, or sign up your family, friends, and co-workers as a team.



### What's in a team?

A team can consist of individuals who walk, run, or volunteer during the event.

### Earn Team Points!

Your team will earn two points for every participant registered. Volunteers who receive training and work the event will also earn your team two points. Every \$50 raised in pledges earns your team one point.

Teams registered by September 16<sup>th</sup> will be entered in a draw to win a **Twiggs Coffee Party** hosted by 102 FM Fox morning team Mitch & Vicky.

## Team Challenges

- Community members can take part in the **Community Team Challenge**. Winners receive the coveted *Silver Bed Pan* trophy to be proudly displayed, earning boasting rights until the next Walk/Run, team plaque, and a Pizza Party.
- Hospital employees can take part in the **Hospital Team Challenge**. Winners get to add an object to the existing trophy that represents their team or department, and receive a team plaque and Pizza party.
- Everyone can take part in the **Spirit Award!** Teams will be judged throughout the event on their spirit — based on costumes, cheers, and attitude. **Spirit Award Trophy** winners receive a team plaque and Pizza party.

## Timing

The ChampionChip® system, which is worn around the ankle, will be used for all events. The ChampionChip® can be picked up on Race Day starting 8:00 am at Registration, and will be collected at the Finish Line (excluding April & Friends).



## Four Ways to Enter

**Online** [www.ourhospitalwalkrun.ca](http://www.ourhospitalwalkrun.ca)

### By Mail

**North Bay Regional Health Centre Foundation**  
P.O. Box 2500, North Bay ON P1B 5A4

### In Person

At the **North Bay Regional Health Centre Foundation**  
50 College Drive, North Bay

- Monday to Friday, Pod A2, 8:30 am to 4:00 pm
- Saturday, October 15<sup>th</sup>, 1:00 to 4:00 pm
- Race Day starting at 8:00 am

**By Fax** (705) 495-8121

## Methods of Payment

### Cash

### Cheque

Payable to North Bay Regional Health Centre Foundation

**Credit Card** VISA or MasterCard accepted on site (North Bay Regional Health Centre) Race Day

## For more information

Phone (705) 495-7562

Register Online [ourhospitalwalkrun.ca](http://ourhospitalwalkrun.ca)

Contact [vicky.sutherland@nbrhc.on.ca](mailto:vicky.sutherland@nbrhc.on.ca)

**Pledge incentives** for individuals raising specific amounts include Event T-Shirt and/or front-zip wind and water resistant Jacket, available in Ladies, Men's and Junior sizes. See Pledge Form for details (reverse). Highest Pledge earners will receive 2 return tickets to destinations served by Ontario Northland. (Incentive items may differ than shown)



## Platinum Sponsors



## Event Sponsor



## Gold Sponsors



## Silver Sponsors



## Bronze Sponsors



## Water Station Sponsors

Best Western North Bay      Cimentation Canada Inc.  
Caisse Populaire North Bay limitée

## Coach Sponsor

Alcon Canada Inc.      Janssen Inc.  
Able's Locksmithing      K & T Port-A-John Ltd.  
Active Running & Therapy Centre      Twiggs Coffee Roasters  
Paxton Distributing      Bay Produce Farms Inc.  
See More Graphics      Wood Wyant Inc.  
PGI Fabrene Inc.      Edi-Cord Word Processing - Systems Ltd.  
Grand & Toy

Disponible en français

design: [penneyandcompany.com](http://penneyandcompany.com)

To register visit  
[www.ourhospitalwalkrun.ca](http://www.ourhospitalwalkrun.ca)



## 5th Annual Our Hospital Walk/Run Sunday, October 16<sup>th</sup>, 2011

North Bay Regional Health Centre  
Closing our community's healthcare gap

## participate in one of 5 events...

- 8 km Walk/Run**
- RBC Royal Bank 5 km Walk/Run**
- 6 km Trail Run**
- Hospital Mile**
- April & Friends Walk**

Please complete an entry form for each person participating and volunteering



# Entry Form

I am:  Participant  Volunteer  Hospital Staff

How far will you go?  8km  5km  6km\*  Hospital Mile  April & Friends  
\*6km Trail Run - experienced runners only permitted to register

Team Name (if part of a team)

Last Name

First Name

Mailing Address

City Postal Code

Age on Race Day Gender M/F Tel

Email Address

VISA or Mastercard Expiry /

Entry Fee \_\_\_\_\_ + Donation \_\_\_\_\_ = Total \_\_\_\_\_

Please send me a free **Walk This Way** training kit

\*PARTICIPATION In consideration of the acceptance in my application and the permission to participate as an entrant and/or as a volunteer in Our Hospital Mile, 5 km, 6 km, 8km or April & Friends Walk/Run on Sunday, October 16th, 2011 (the "Walk"). I WARRANT that I am physically fit to participate in this event. I, for myself, my heirs executors, administrators, successors, and assigns, HEREBY RELEASE, WAIVE, FOREVER DISCHARGE the North Bay Regional Health Centre, the North Bay Regional Health Centre Foundation, the City of North Bay, the North Bay Police, the Chief of Police, Canadore College, Nipissing University, Rogers Radio, all sponsors, contributors and volunteers, the Our Hospital Walk/Run organizing committee, and all other associations, sanctioning bodies and sponsoring companies, and elected and appointed officials, directors, officers, employees, agents, successors and assigns, OF AND FROM ALL claims, demands, damages, costs, expenses, actions and causes of action whether in law or equity, in respect of death, injury, loss or damage to my person or property HOWSOEVER CAUSED, arising or to arise by reason of my participation in the Walk, whether as a spectator, participant, volunteer AND NOTWITHSTANDING that same may have been contributed to or occasioned by the negligence of the aforesaid. PROMOTIONS I give my permission for and consent to the use of my name and picture on or in connection with any television or radio program, motion picture, print media or the advertising and publicizing of the Walk as may be designated by the North Bay Regional Health Centre (the "Promotions") and waive all rights to remuneration or otherwise in connection with the Promotions. I FURTHER HEREBY UNDERTAKE TO INDEMNIFY, HOLD AND SAVE HARMLESS the North Bay Regional Health Centre, the North Bay Regional Health Centre Foundation, the City of North Bay, the North Bay Police, the Chief of Police, all sponsors, contributors and volunteers, the Our Hospital Walk/Run organizing committee, and all other associations, sanctioning bodies and sponsoring companies, and elected and appointed officials, directors, officers, employees, agents, successors and assigns from and against any and all liability incurred by any or all of them arising as a result of, or in any way connected with my participation in the Promotions. BY SUBMITTING THIS ENTRY, I ACKNOWLEDGE HAVING READ, UNDERSTOOD, AND AGREE TO THE ABOVE WAIVER, RELEASE and INDEMNITY.

Signature - Participant / Volunteer Date

Signature - Parent or guardian for children under 18 years of age.

Detach and submit by fax, mail or in person with payment, or register online at [www.ourhospitalwalkrun.ca](http://www.ourhospitalwalkrun.ca)

Detach and submit by fax, mail, or in person.

## Race Details

**Our Hospital Walk/Run** helps improve the wellness of our community. Funds raised during this event will support the medical equipment needs of the North Bay Regional Health Centre.

### Race Day Event Schedule

**Registration 8:00 am**

**Warm-up 1/2 hour prior to start time**



In lieu of registration fee, your child will collect a minimum of \$20 in pledges.

**9:00 am**  
Supervised by Canadore ECE students and instructors. The event is for children 18 months to 8 years of age. Children will enjoy a fun morning of supervised gym activities, a short walk and refreshments while you compete in the Walk/Run. **Limited Space! Register today.** See **Pledge Form** for details.

**6 km Trail Run 9:30 am**  
This route is for experienced trail runners only! Trail consists of roots, rocks, and mud over more than 100m of elevation for your running enjoyment.

**8 km Walk/Run 9:35 am**  
Paved course. The bottom flat section leads to a graduated hill climb with an 80m change in elevation. A stroll around campus leads to a view of Lake Nipissing on your way downhill to the finish. **Walkers are required to start at 9:00 am.**

**5 km RBC Walk/Run 9:35 am**  
Children under age 6 admitted free  
A paved flat route for a great time.

**Hospital Mile 10:30 am**  
Children under age 6 admitted free  
Once around the hospital ring road. A few paces more than an actual mile.

**Chili Lunch 10:00 am**

**Award Ceremonies 11:00 am**

Entry Fees	Hospital Mile	5km	8km	6km
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<b>Early Bird Registration</b>	\$10	\$20	\$30	\$30
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<b>After October 1<sup>st</sup></b>	\$15	\$25	\$35	\$35
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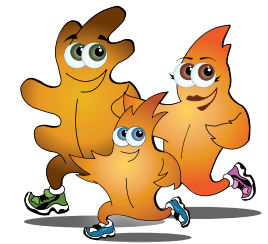
<b>Race Day (October 16<sup>th</sup>)</b>	\$20	\$40	\$50	\$50
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**For the safety of your pets and all participants, pets are not permitted at any of the events.**

## Pledge Form

**Yes! I want to do a little extra for my hospital.**

In a heartbeat, you can make a difference... together we can save and change lives. Your gifts to the Hospital Foundation will ensure that the people of North Bay and area receive more advanced levels of care.



Last Name	First Name	
Team Name		
Mailing Address	City	Postal Code
Email		
Business Phone		Home Phone

*The pledge collector is responsible for all pledge collections. Receipts will be issued to donors who indicate **receipt required**. Cheques should be made payable to North Bay Regional Health Centre Foundation. For receipting purposes, please include all required information and print clearly.*

Contributors Name	Address, City	Postal Code	Telephone	Amount
				\$ Paid <input type="checkbox"/> Receipt Required <input type="checkbox"/>
				\$ Paid <input type="checkbox"/> Receipt Required <input type="checkbox"/>
				\$ Paid <input type="checkbox"/> Receipt Required <input type="checkbox"/>
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				\$ Paid <input type="checkbox"/> Receipt Required <input type="checkbox"/>

**Closing our community's healthcare gap - Thank you for your gift!** TOTAL \$

Hospital Mile, 5km, 8km, 6km participants collecting:

- \$200-\$399 in pledges will receive a Long-sleeve Technical Event **T-Shirt**
- \$400-\$599 in pledges will receive a Technical Event **Jacket or Pants**
- \$600-\$799 in pledges will receive a Technical Event **T-Shirt and Jacket or Pants**
- \$800+ in pledges will receive a Technical Event **T-Shirt, Jacket, and Pants**

April & Friends participants collecting:

- \$20-\$39 in pledges will receive an **April & Friends Lunch Bag**
- \$40-\$59 in pledges will receive a Steel **Water Bottle** and **April & Friends Lunch Bag**
- \$60+ in pledges will receive a **Book Farley and the Lost Bone, Water Bottle, and Lunch Bag**

Photocopy as needed. For **additional pledge forms**, please visit NBRHC Foundation: 50 College Drive, Pod A2, North Bay (705) 495-7562 or [www.ourhospitalwalkrun.ca](http://www.ourhospitalwalkrun.ca)  
Charitable Organization number BN88773 1123 RR0001

