



2 km – 5 km – 10 km Walk/Run Sunday October 18th, 2009

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!

TEAM CHALLENGE

Earn points and compete to win the *Team Challenge Award!* The winning Community Team will be awarded the coveted *Silver Bed Pan Trophy*, the winning Hospital Team will be awarded the *Hospital Spirit Trophy*, earning your team boasting rights until the next Walk/Run! Defy the *Cementation Street Walkers*, and *Diagnostic Imaging, the Skeleton Crew*, the 2009 Team Challenge winners.

What's in a team? A team can consist of **walkers, runners and volunteers**. All team members must fill out the entry form and clearly indicate your team name. All teams and their members (participants and volunteers) must be pre-registered to qualify for the *Team Challenge Award*.

PLEDGES, POINTS AND OTHER PRIZES

Regardless of distance, your team will earn two points for every participant registered. Volunteers who receive training and work during the event will also earn your team two points. (Volunteers must be registered by Monday, October 5, 2009.) Team members choosing to raise pledges will earn their team one point for every \$50 raised, getting your team that much closer to winning the *Team Challenge Award!* **Individuals raising \$200 + in pledges will receive a Nathan stainless steel 700ml flip straw water bottle with a neoprene sleeve.** Everything adds up to a great fun filled day!

***Proceeds raised during this event will support the Hospital's greatest needs.
The Foundation is focusing its efforts on Hospital Cardiac care.***

To qualify for the Team Challenge Award, all walk/run participants must be registered and pledges submitted to the NBDH Foundation prior to Tuesday, October 13, 2009 at 4:00 pm. Volunteers must register by Monday, October 5 2009 at 4:00 pm to receive training and work the day of the Walk/Run. Please print clearly and indicate the team name on every entry form.

Visit the Foundation page of the Hospital's website

www.nbdh.on.ca



North Bay and District Hospital
Hôpital de North Bay et du 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 indicating the team name.

All team members (participants and volunteers) must be pre-registered to qualify for the **Team Challenge Award**.

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

Contact Name / Team Captain:

Company, Group, Family or Hospital Department:

Team Name:

*Approximate number of Team Members:

Mailing Address:

Telephone #:

Fax #:

E-mail Address:

* This number will help us determine the number of participants' kits to send.

Return this form in person or by mail to the NBDH Foundation located at 205 Main Street East, North Bay ON P1B 1B2, or by fax at 495-8121. Upon receipt of 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 495-8125 ext 6.

Visit the Foundation page of the Hospital's website