



**Sunday October 17<sup>th</sup>, 2010**  
**North Bay Regional Health Center**  
**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 healthcare needs. Funds raised through this event will help the Hospital to continue to expand its services, improve and develop new programs, and bring leading-edge medical technology to our district.

#### **WHAT'S IN A TEAM?**

A team can consist of **volunteers, walkers or runners**, team members can participate in any distance. To qualify for team points, members must fill out an individual entry form (an individual registration fee will apply to all walkers and runners) and clearly indicate your team name on each team member entry form.

#### **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. Receive both for \$500.

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

**Visit our website**

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



North Bay and District Hospital  
FOUNDATION ♥ FONDATION  
de l'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 printing the team name and pay the applicable registration fee (walkers and runners) for your event. Volunteers must be pre-registered to qualify for points. **New-** To qualify for points team members must turn in all pledges before their event and can register the day of the event.

### 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 the *Cementation Street Walkers* from Cementation Canada Inc winners of the 2008 and 2009 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 *Ghost Whispers* from Central Ambulance Communication Center.

**“The Spirit Award”**, new to this years’ event, teams will be judge through out the event on their spirit through **costumes, cheers and attitude**. The team with the most spirit will have their team name added to the new *Spirit Award Trophy* and receive a plaque with their team picture to keep.

### WIN A TEAM COFFEE PARTY

Enter your team before September 17<sup>th</sup> and have a chance to win a **TEAM COFFEE PARTY** sponsored by *Twiggs Coffee Roasters* hosted by the FOX morning team Mitch and Vicki. Return the attached team entry form by September 17<sup>th</sup> at 4:00 pm to the Foundation, 205 Main St. E or by fax to 495-8121. We will send you everything you need to help your team succeed and enter your team in the draw to win the **TEAM COFFEE PARTY**.

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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! Enter your team before September 17<sup>th</sup> at 4:00 p.m. and we will add you to the draw to win the **TEAM COFFEE PARTY** sponsored by Twiggs Coffee Roasters and Hosted by the FOX Morning Team, Mitch and Vicki.

If you have any questions, please do not hesitate to call 495-8125 ext 6.

## 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.

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