



19TH ANNUAL Our Hospital Walk/Run

Sunday, September 28, 2025

REGISTER YOUR TEAM TODAY!

Walk, run, or volunteer for your community, your family and yourself.
Invite your family, friends and colleagues to join you and compete in
one of the Team Challenges!

Community Team Challenge



Early Bird Coffee Party



Team Spirit Award

OUR HOSPITAL WALK/RUN HELPS PURCHASE STATE-OF-THE-ART MEDICAL EQUIPMENT FOR YOUR COMMUNITY.

Earn Pledges, Points and Prizes!

- Earn **Two Points** for every participant (of any distance).
- Earn **Two Points** for every volunteer working prior to and/or on event day.
- Earn **One Point** for every **\$25** in pledges raised by you & your team members.
- For every \$25 in pledges collected, participants will earn a ballot into the draw for airline tickets.
- Every **Point** gets your team closer to winning the **Team Challenge Award**.

Win a Pizza Party at Boston Pizza!

- **Community Team Challenge** winners receive a pizza party courtesy of Boston Pizza.



Two Chances to Win a Twiggs Team Coffee Party!

- Register before **August 31st at 11:59 pm** and your team will be entered to win a **Twiggs Team Early Bird Coffee Party**
- **Spirit Award Winners!** The team that shows the most spirit wins a **Twiggs Team Coffee Party**.



TWIGGS
COFFEE ROASTERS

Reach fundraising milestones and be rewarded!

- For every **\$150** raised, you will receive a **\$25 gift card**.* Start your fundraising journey to take advantage of this amazing incentive.

*Gift card(s) will be distributed after the fundraising period ends on Sunday, September 28th. Each eligible participant will receive one gift card reflecting the total amount raised in \$150 increments (e.g. \$300 - \$349 raised = 2x \$25 gift card). Cards will be for a local business generously supporting our Walk/Run and selected by the Foundation at the appropriate time.



AIR CANADA FOUNDATION DRAW!

Win 2 return tickets for travel to any Air Canada scheduled destination in North America including Hawaii, Mexico and the Caribbean. For every **\$25** in pledges collected, participants earn a ballot into the draw for the airline tickets.



**AIR CANADA
FOUNDATION**



YES! MY TEAM WILL GO THE EXTRA MILE!

Visit OurHospitalWalkRun.ca or scan the QR code to register & kick-start your fundraising today!



FUNDRAISING TIPS!



Make it Personal

- *Speak from the Heart:* Let people know why *Our Hospital Walk/Run* is important to you! There is nothing more powerful than authenticity.
- Create a custom donation page on Race Roster and set your fundraising goal.



Leverage Your Network

- *Start with Close Contacts:* Reach out to family and close friends first. They are more likely to donate and help you gain momentum.
- *Expand Gradually:* Once you have some donations, expand your outreach to colleagues, acquaintances, and social media followers.



Share on Social

- *Keep Connected with Donors:* Let those who have supported you know when you reach a major goal.
- *Maximize your Reach:* Share your fundraising initiative through social media! You'll be able to connect with more people, share the cause, and collect donations with a link to your Race Roster Profile.



CAN'T FIND THE RIGHT WORDS?



Here are some reasons supporting *Our Hospital Walk/Run* is so important:

- Your donation ensures our community has access to exceptional healthcare, close to home.
- When you donate to *Our Hospital Walk/Run*, you're helping your family, friends, and neighbours.
- Every donation has an impact on bringing state-of-the-art equipment, vital services, and transformational programming to our region.