



## 20TH ANNUAL Our Hospital Walk/Run

Sunday, September 27, 2026

# REGISTER YOUR TEAM TODAY!

Walk, run, or volunteer for your community, your family and yourself.  
Compete in one of the Team Challenges!

Community Team Challenge



Hospital Team Challenge



Team Spirit Award

### Earn Pledges, Points and Prizes!

Every **Point** gets your team closer to winning the **Team Challenge Award**.

- Earn **Two Points** for every participant (of any distance) AND for every volunteer.
- Earn **One Point** for every **\$25** in pledges raised by you & your team members.
- Every **Point** gets your team closer to winning the **Team Challenge Award**.



### Win a Pizza Party at Boston Pizza!

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



### Win a Twiggs Team Coffee Party!

- **Spirit Award Winners** - The team that shows the most spirit wins a coffee party.



### NEW Fundraising Incentive Prize

For every **\$150** raised, receive a **\$25 gift card**.\*

\*Gift card(s) will be coordinated and distributed after reconciling *Our Hospital Walk/Run*, which takes place Sunday, September 27, 2026. Each eligible participant will receive one gift card reflecting the total amount raised in \$150 increments (e.g. \$300 - \$349 raised = 2x \$25 gift cards). Cards will be for a local business generously supporting *Our Hospital Walk/Run* and selected by the Foundation.



**YES! MY TEAM WILL GO  
THE EXTRA MILE!**

Visit [OurHospitalWalkRun.ca](http://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 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 *Our Hospital Walk/Run* fundraising 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.