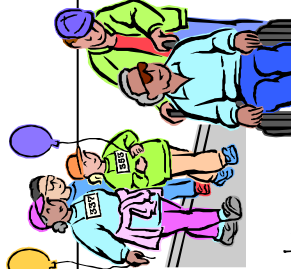
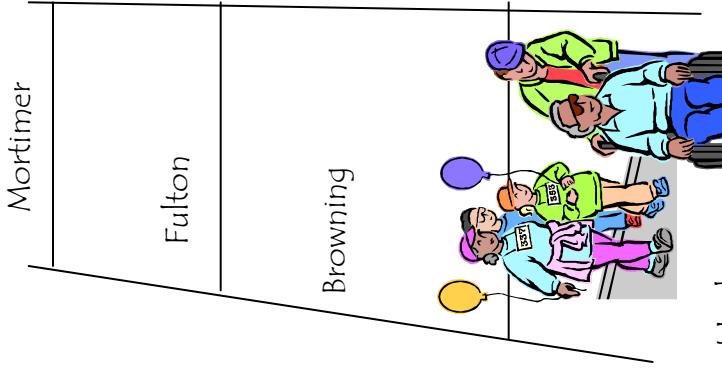


Walkathon route:

Broadview

Pape



Nisbet Lodge

Waiver

I understand that in participating in the walk, I assume all risks. As a participant, I hereby release, waive and forever discharge Nisbet Lodge of and from all claims, demands, damages, costs, expenses, in respect of any injury, death, loss or damage to any persons.

Signature _____

GET INVOLVED:

WALK

- Ask your family, friends, neighbours and co-workers to sponsor you as you walk
- Set a \$ goal
- Have fun and win a prize.
- Form a team and set a fundraising \$ goal

VOLUNTEER

- Help at checkpoints
- Registration
- Post walk party

SUPPORT:

- Donate a prize
- Make a cash donation



DAY'S ACTIVITIES

- rain or shine -

- 9.30 a.m. Registration
- 10.00 am. Walk begins
- 5 km walk
- 1 km walk for older residents
- Post walk party with
- Presentation of prizes
- Barbecue



!! PRIZES !!

Prizes for everyone Special prizes for

- Top pledge makers
- Youngest participant
- Oldest participant
- And more

TOGETHER

WE CAN MAKE A DIFFERENCE



"Walkathons inspire many of us, at all ages and levels of fitness, to get involved. Helping a good cause encourages us to lace up those sneakers and step out when we might not otherwise make the effort"
.....Going The Distance by Robin Warshaw

Nisbet Lodge *McClintock Manor*
Foundation

ANNUAL MOTHER'S DAY
WALKATHON
5 km & 1 Km



IN SUPPORT OF
THE SENIORS OF TOMORROW
FUND

