

Nation's Capital 19th Annual
Hike for CHEO Walkathon 2010



- Hosted by the Hellenic Community of Ottawa
- Supported by the Greek Ladies Philoptochos Society

Pledge for a Portable Ultrasound for the Emergency Room at CHEO (\$40,000)

Note new date: Sunday October 3, 2010 @ 10:30 a.m. (Rain or Shine)
1315 Prince of Wales Drive, Ottawa, Ontario

Participant Registration # _____ Tshirt size _____

Name: _____ Telephone: _____

Address: _____

City/Prov. _____ Postal Code: _____

Instructions to Participants – October 3, 2010

Registration before the Hike: Check-in between 9:00-10:00 a.m., with your completed pledge sheets and all pledge monies at the Hellenic Community of Ottawa, 1315 Prince of Wales Dr., Ottawa

Minimum amount of Sponsorship is \$20 – Free Tshirt!

Payment: Must be made in cash or by cheques payable to Hike for CHEO at the time of registration

Tax Receipts: will be issued for a total combined donation of \$10 or more as indicated on the pledge form.

Telethon Presentor: The individual with the highest pledges collected will present the Hike for CHEO cheque live at the CHEO Telethon in June 2011!

Prizes:

- 5 individuals with the most pledges collected
- Youngest participant
- Oldest participant

And more.....

Course Route:

- Beginning at the Hellenic Meeting & Reception Centre, your choice of the 4km or 10km route will take you along Colonel By Drive, around beautiful Rideau Canal pathways to the original start.

- **NEW THIS YEAR:** Choose between the 4km or the 10km route!!

- Checkpoint refreshment stations will be set up along the route and safety vehicles will monitor the route.

After-Party & Awards Ceremony:

Enjoy FREE music, face painting, give-away prize draw for participants; BBQ at a minimum cost “for CHEO”.

