

**Nation's Capital 18th Annual
Hike for CHEO Walkathon 2009**

- Hosted by the Hellenic Community of Ottawa
- Supported by the Greek Ladies Philoptochos Society
- In support of the Children's Hospital of Eastern Ontario

**Sunday September 20, 2009 @ 10:30 a.m. (Rain or Shine)
1315 Prince of Wales Drive, Ottawa, Ontario**

Participant Registration # _____ Tshirt size _____
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Name: _____ **Telephone:** _____

Address: _____

City/Prov. _____ **Postal Code:** _____

Instructions to Participants – September 20, 2009

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 2010!

Prizes:

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

And more.....

Course Route:

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

-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 minimum cost "for CHEO".

