

COMPETITIVE RUN/WALK

Pledges of \$50.00 or more

No Entry Fee and a Free T-Shirt

Entry Fee \$25.00 - *Free T-Shirt*

Children under 12 — Free

RECREATIONAL STROLL (1-5 km)

Pledges of \$50.00 or more

No Entry Fee and Free T-Shirt

Entry Fee \$10.00

Children under 12 — Free

Saturday, July 18, 2009

RACE STARTS at 9:00 a.m. SHARP

Start/Registration at the
Meaford Harbour Pavilion

Register on Race Day: 7:45 a.m. - 8:45 a.m



Our Community Hospital
PLEASE GIVE GENEROUSLY



We have successfully raised

\$95,000 since 1997

*Group pre-registration
available
until Wed. July 14, 2009*

Meaford Hospital Foundation

PLEDGE SHEETS & ENTRY FORMS

WEBSITE: www.mhfoundation.ca

MEAFORD:

The Big Apple, Meaford Hospital,
The Shoe Tree and L.C.B.O

THORNBURY:

L.C.B.O., Thornbury Pharmacy and
Thornbury Bakery

OWEN SOUND

Runner's Den