

Sunday May 2nd, 2010

Registration opens at 9:30 a.m. Hike/Run at 11 a.m.

Please bring your Pledge Forms, monies and your Registration Fee to the Check in Desk
\$10 Registration Fee for Individuals ages 13 and Over

Step 1: Decide if you will be walking as a family group, a team, or as an individual.

I/We intend to Hike/Walk/Run: 3km 5km

Please Indicate Your Category:

Prizes will be awarded to the greatest amount raised for each category!

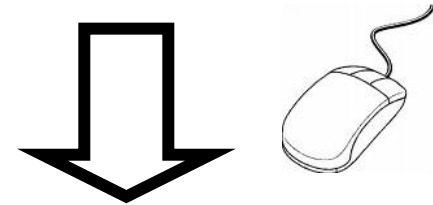
Individual

Team Team Name: _____

Family Family Name: _____

ONLINE

FUNDRAISING FEATURE!



Step 2: REGISTER!!

There are 2 different ways to register for the Hike with an exciting new option of **registering ONLINE!**

Visit our website at www.hearthousehospice.com - Then link to "Hike Online" to set up your OWN PERSONAL PAGE. You can even upload a photo and tell a story about your participation with Hospice. Then email everyone you know and ask them to visit your page and support you. **On-line officially closes at 9am on Friday, April 30, 2010. Only on-line pledges submitted by that time will be included when determining your total funds raised.**

OR

Call the Office

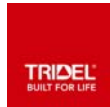
Call the Heart House Hospice office at **905-712-8119 ext. 234** to register.

Step 3: Collect Pledges

Set a goal for yourself and ask everyone you know to pledge you! Spread the word about Hospice Care and let them know how important these services are to our community. (Please make all cheques payable to Heart House Hospice)

Step 4: Join us at Mississauga Valley Park on Sunday May 2nd and enjoy an amazing Hike with fellow supporters, face painting, and lunch. Have a great day supporting Heart House Hospice. Raise over \$100 in pledges and receive a FREE HIKE T-SHIRT! **Registration fee waived for kids 12 and under**

THANK YOU TO OUR SPONSORS:



Directions to Mississauga Valley Park – 1275 Mississauga Valley Blvd.
o From Hurontario Street (Highway 10) turn east onto Burnhamthorpe Rd.
o Turn right on Arista Way
o Turn left on Mississauga Valley Blvd
o Parking is located to the right side of the Recreation Centre
o Follow Hike for Hospice signs to Area A