



10th Annual Morning Canadian 8 & 3Km Fun Run/Walk in Support of Carefor

Location: Terry Fox Facility, Mooney's Bay (2960 Riverside Drive)

Date: September 04, 2010

Time: 8:00 a.m.

Fee: \$33.00/person or more depending on registration time and age

Carefor Health and Community Services has been chosen by Somersault Promotions as the first ever official charity for the 10th Annual Morning Canadian 8 & 3Km Fun Run/Walk. This event is a first for Carefor, who has never before participated in a Run/Walk event in our over 100 years as a home healthcare and community support service provider in Ottawa.

The event will be taking place at the Terry Fox Facility in Mooney's Bay Park, with the course running along the beautiful and scenic Rideau River recreational path - free of traffic.

Participants are encouraged to join in the fun and excitement of the Morning Canadian by signing up for the Carefor pledge program. Any individual who collects \$100 or more will immediately be included in the first ever Team Carefor, and will receive a free commemorative Team T-shirt. Grand prizes will also be available for the individual and team who collects the most money in excess of \$500.

To sign up for the Carefor pledge program, please go to www.carefor.ca and click on 'Run/Walk'.

Carefor is also looking for volunteers who are willing to help with the water stations during the event. Volunteers will fill and stack cups, as well as assemble water station signs and cardboard trash boxes before the race. During the event, volunteers will hand out water to the approximately 300 runners per minute that will be going by the station, as well as provide encouragement and clean-up following the race.

All funds raised from the pledged money will assist Carefor in their delivery of numerous homecare and community support services that enable Ottawa-area residents to stay in the comfort of their own homes for longer. Carefor has proudly been delivering these programs and services since 1897, and will continue to be there in the future for individuals in need of assistance with healthcare needs.

Our motto is "When there's a need for care, we're there". Help us help others by joining Carefor on September 4th, and either run or walk in support of one of our community's longest-standing home healthcare providers.

For more information, please contact Donna Deknatel at (613) 749-7557 x2149, or e-mail us at info@carefor.ca. Details are also available at www.carefor.ca, just click Run/Walk.

See you on race day!