

# Walk/Run for Courage

## 5.5/7.5km

Proceeds will benefit  
Camp Courage

Date: 25/04/10

Time: 10:30am

Register by: 20/04/10

Runners/Walkers attain pledges.  
T-shirts will be awarded to all  
participants who achieve  
\$100.00 or more in pledges.

Look for the balloons! Runners  
start in the back parking lot at  
Five Bridges Jr. High and Walk-  
ers start at the mailbox's on St.  
Margaret's Bay Rd @ 10:30 am  
and run/walk along St. Marga-  
ret's Bay Rails to Trails to the  
crossroads. Then join us for  
prize presentation and a M&M  
(Tantallon) hosted BBQ.

For More information or to register  
[www.campcourage.ca](http://www.campcourage.ca)



## Prizes

- First to finish
- Runner/Walker
- Most money pledged

Sponsored by:



Bring pledge forms and pledges to the Run For Courage or contact  
Andrew Church: (902) 876-2673 or Andréa Speranza : (902) 876-5081

Camp Courage is a registered not for profit society  
Business number 3146791  
Charity number 4364

Camp Courage is a *free* Police, Fire and Paramedic camp that *informs* and *educates* females aged 15-19  
years old about these non traditional professions while *inspiring* them to reach for their *potential*.