



**Supporting Active, Independent Living!**

## Registration Form

**Early Bird Registration:** Monday, May 31 to Thursday, June 3 between 10 a.m. and 2 p.m. in the Front Lobby.

Please note that the centre will be closed on Friday, June 4 for set-up. Any registrations prior to the Early Bird Week are done by appointment only. Please call 613-236-0428, extension 260, to make your appointment. Registration is also open on the day of the Walk, Saturday, June 5, starting at 8 a.m.

Download additional registration forms at [www.thegoodcompanions.ca](http://www.thegoodcompanions.ca)

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Address: \_\_\_\_\_ Apt. # \_\_\_\_\_

City/Town: \_\_\_\_\_ Postal Code: \_\_\_\_\_ Phone # \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Email: \_\_\_\_\_

- I am:
- An individual walker
  - A team walker
  - An equal partner
  - Under 18

- I will:
- walk the path and stay for breakfast
  - come for breakfast only
  - not be attending the event on June 5

### Team Information

Team Name: \_\_\_\_\_

Team Captain's Name (if applicable): \_\_\_\_\_

Phone # \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

### Equal Partner Information

Agency/Organization Name: \_\_\_\_\_

Contact Name: \_\_\_\_\_

Phone # \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

### Participant Liability Waiver

I, the undersigned participant in the 2010 Walk of Ages, hereby release, waive, and forever discharge The Good Companions, their staff, board of directors, and volunteers, and all other bodies associated with The Good Companions, and sponsoring companies, and any and all participating organization, entities, and/or venues and individuals, personnel, volunteers, and /or board of directors associated with these organizations/entities and/or venues of any claims, demands, damages, costs, expenses, actions, and causes of action, whether in law or equity, in respect of death, injury, loss, or damage of my person or property howsoever caused, rising, or to arise by reason of my participation in the 2010 Walk of Ages, whether as a spectator, participant, or otherwise, whether prior from, during, or subsequent to the event, and notwithstanding that same may have been contributed to, or occasioned by, the negligence of any of the aforementioned. I further hereby undertake or hold and save harmless and agree to indemnify all of the aforementioned from and against any and all liability incurred by any or all of them as a result of, or in any way connected with, my participation in the said event. By signing this waiver, I acknowledge having read, understood, and agreed to the above waiver, release, and indemnity. I warrant that I am physically fit to participate in this event.

Name: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

*If you are under the age of 18, please have your parent or guardian sign this form. Thank you.*

**PLEASE PRINT CLEARLY:** (Receipts will be provided with a minimum pledge of \$15. Please indicate below if required.)

Sponsor's Name	Mailing Address (street, city/town, postal code)	Telephone	Amount Pledged	Receipt Required
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				

Total Donations Submitted: \_\_\_\_\_

For Office Use Only	Total Donations \$ _____	Verified by: _____ (name of registrant)
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## The Walk of Ages is an opportunity for...

- The Good Companions' members, clients, friends, family, and volunteers join in raising funds for the organization.
- Non-profit groups fundraise for their own programs while helping The Good Companions
- Businesses show their support for the well-being of seniors through their donations and participation.

## Everyone is welcome!

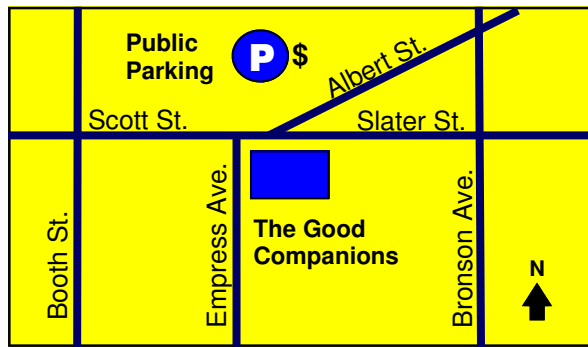


**Michael O'Byrne**, our Honorary Chair, welcomes you to our Walk.

### Our Mission Statement:

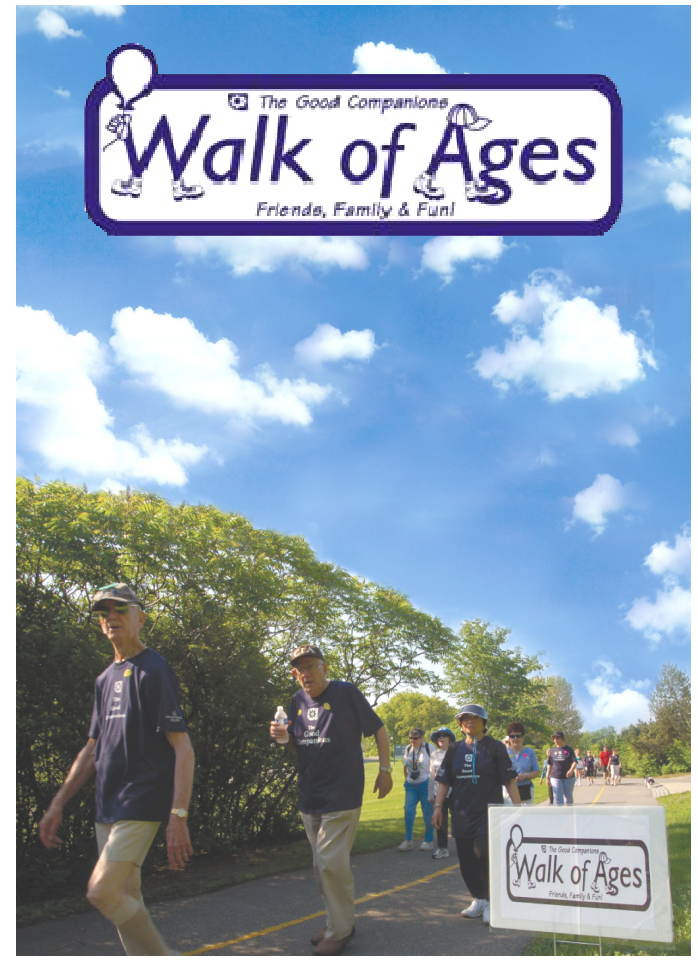
The Good Companions is a not-for-profit organization that offers programs and services in partnership with volunteers, to promote, enhance and support the well-being, independence and zest for living of both seniors and of adults with physical disabilities in the Ottawa area.

## Thank you for your support!



OC Transpo routes to The Good Companions:

3, 8, 16, 18, 86, 87, 95, 96, 97, 153



## Saturday, June 5, 2010



670 Albert Street 9 a.m. to 12 p.m.  
(Registration starts at 8 a.m.)

Charitable Registration Number  
11894 1152 RR001



### Come Join the Fun!

- 8 a.m.** Breakfast until 11 a.m.
- 8 a.m.** Registration opens
- 9 a.m.** Warm Up Pre-Walk
- Follow the Highland Mist Pipers as we start on the route or join the walkers in the Centre's parking lot for the Short Walk
- 9:30 a.m.** The Grey Jazz Big Band entertains in the dining room
- 10 a.m.** Start of the prize draws.

Your efforts in collecting pledges from your friends, family, neighbours, co-workers, spouse/partner will be seen on our route poster in The Good Companions. Let's all work together to fill the poster!

## Win Fantastic Prizes!

**Early Bird Registration (May 31 to June 3 from 10 a.m. to 2 p.m.)**  
Call 613-236-0428, extension 260, to make an appointment to register for the Walk of Ages at The Good Companions prior to Early Bird Registration Week.

**Walking Registration (June 5)**  
You can always register on the day of the walk at 8 a.m. at The Good Companions.

### Grand Prize:

1. Bose Wave Music System
  2. 16" Intel Pentium Laptop
- The top fundraiser will have a choice of...

### Youth Prize:

If you are 18 years or younger, you will be entered into a draw for an iPod Shuffle

### More great prizes for:

- Early Bird Registration
- Top Team
- And those who walk at our event!



**We have a number of ways you can fundraise for the Walk:**

- 1. Sponsor yourself.** With a minimum pledge of \$20, come out for the breakfast and the fun.
- 2. Solicit Donations.** With a minimum collection of \$40, you are eligible for the breakfast, a complimentary thank you package, and various prize draws.
- 3. Be an Equal Partner.** One half of the money raised by your efforts will be returned to your organization. Charitable tax receipts will be mailed if your portion of an individual pledge equals or exceeds \$15.
- 4. Form a Team.** All of the money raised by your team would go towards our programs and services. The Team who fundraises the most will win a Team Prize.