



HAVE A HEART *Run*

More Than Just A Marathon



In support of the David Ronald Bell Cardiac Endowment Fund, Humboldt District Hospital Foundation

Pre-Race Pasta Supper

Saturday, September 25, 2010

6:00pm Bella Vista Inn, Adults - \$10 10 & under - \$8

“Running the Sahara” will play after supper

Advance Tickets ONLY - available at Causeway Natural Health

Pledge hand-in & Participant Package pick up 4:30pm - 5:45pm

Sunday, September 26, 2010

**Full Marathon
Team Start**

**8:00 am
Watson**

**Half
Marathon**

**10:00 am
St. Gregor**

**10 km
walk/run**

**11:00 am
Muenster**

**5 km
walk/run**

**12:00 pm
Viterra Terminal
Entrance**

Each Runner
will receive a
BUFF!

All participant events will finish at Water Ridge Park

Early Entry Deadline - Tuesday, August 31, 2010 @ 12pm

Late Entry Deadline - Monday, September 20, 2010 @ 12pm

Entry & pledge forms are available at www.hdhfoundation.ca & can be dropped off at Causeway Natural Health, 816-6th Ave, Humboldt or fax to HDHF Office at Room 27, Main Floor Humboldt District Hospital, 1210 9th St. North, Fax: 306-682-4458

We would appreciate a minimum of \$100 in pledges for Adults, \$50 if you are under 18.

For more information contact the :



**Humboldt District
Hospital Foundation Inc.**

Ph: 682-4450
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Website: www.hdhfoundation.ca