



# It's the 1<sup>st</sup> Annual Social Mamas 2009 Walk-A-Thon!

Raising money for the Hamilton Ronald McDonald House

Sunday, September 20<sup>th</sup>



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

I will be walking 10.6km for the Ronald McDonald House.

Dear Potential Sponsor:

I am participating in the Social Mamas Walk-A-Thon. All proceeds will help fund the Hamilton Ronald McDonald House. You can sponsor me for any amount for the 10.6km I will be walking, with a stroller, rain or shine!

Thank you!

Name of Sponsor	Pledge
1	
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18	

Total Pledges: \_\_\_\_\_

Please bring this form along with the pledges in an envelope to the walk-a-thon.

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Our annual walk-a-thon is a fun and fit activity for moms. The 10.6km walk will take about 2 hours walking at a normal pace. Moms are welcome to bring the kids in strollers, wagons or bikes. Dads, grandparents and friends are welcome to participate as well. The more money we raise for the Ronald McDonald House, the better!

Our goal is to raise at least \$500 for the Ronald McDonald House. Every little bit counts!

Thank you very much for your participation!

## Rules

1. You may start collecting pledges as soon as you receive the pledge sheets. **Reminder: Pledge sheets and money need to be turned in on walk-a-thon day, Sunday, September 20<sup>th</sup>.**
2. On walk-a-thon day, we will meet at 9:15am in the big field to the right of the Hutches parking lot. We will have a Social Mamas sign (and lots of strollers!) so you will be able to find us.
3. Participants are encouraged to wear hats and sunscreen if it's sunny or bring rain gear if it's rainy.
4. Be sure to bring lots of water for the walk.
5. The walk will begin on the trail at 9:30am. The half-way point will be just before the Eastport Bridge where you will turn around and make it back to the field where we started.
6. Upon completion of the walk-a-thon, we will meet back at the field for a picnic lunch. Since we will provide all our raised money to the RMH, we ask that everyone bring their own lunch for the picnic.
7. Prizes will be given out to participants through draws during the picnic. The person who raised the most pledges will also receive a prize.

We look forward to all our participants having a great time! For questions or concerns, or to volunteer, **email Monica at [monica@socialmamas.com](mailto:monica@socialmamas.com)**

