

# Events



- 1 - 5 Km Walk/Ride
- 5 - 10 Km Fun Run (Sponsored by the Running Room Ltd.)
- Free BBQ for participants
- Emcee Ace Burpee
- Comedian, Big Daddy Tazz
- Canadian Recording Artist, Robb Nash
- Tim Hortons
- Huge Silent Auction
- Free Massages for Runners
- Magicians
- Kids Crafts and Face Painting
- Prizes awarded for Top 3 Pledge Collectors
- Team Awards



# Walk



Come on out and enjoy the beauty of Spring! We have marked 1 - 5 kilometer routes. Bring your family, your friends, and your dog! All walkers that obtain \$100 in pledges will receive a free AndrewDunn.org Memorial T-Shirt!

# Run



For those that like a little faster pace, try our 5 or 10 km Fun Run, sponsored by the Running Room. Visit [www.runningroom.ca](http://www.runningroom.ca) for further details.

# Ride



Our cycling enthusiasts can enjoy the designated route as well. Bring your bike and join in on the event by cycling the distance.



# Sponsors



## PLATINUM



## GOLD



## BRONZE



## NICKEL



## HELPING US MAKE A DIFFERENCE

- Springfield Kinsmen
- One Insurance Arena
- Poplar Press
- RM of Springfield
- Signs Are Us
- Springfield Citizens on Patrol Program
- Springfield EMS, Fire Dept & RCMP
- Sunrise School Division
- Twilite Productions
- Waterfront Massage Therapists
- Zig Thiessen

6th annual  
**Andrew Dunn**  
 Walk/Run  
*fighting depression*  
*one step at a time*



**Saturday**  
**May 12, 2012**

One Insurance Arena  
 Oakbank, Manitoba  
 Registration - 9:30am  
 Walk/Run - 11:00am



# Registration



The AD.MF. has been established for mental health educational initiatives & suicide awareness & prevention.

**EVENT** (please check one)

WALK  FUN RUN 5K  10K  RIDE

Tax Receipt Required

NAME

ADDRESS

CITY/PROVINCE

POSTAL CODE

PHONE (HOME)  PHONE (WORK)

Email Address

DATE OF BIRTH (mm/dd/yyyy)

SIGNATURE (If under 18 parent or guardian must sign below)

PARENT/GUARDIAN SIGNATURE

DATE

**WAIVER & RELEASE**  
I, the undersigned, my heirs and/or administrators hereby waive, release and forever discharge the Andrew Dunn Organization, committee members, the Mood Disorders Association of MB, its Directors, Officers, agents, employees and volunteers or anyone associated with either organization, of and from all manner of actions, causes, suits, debts, claims and demands whatsoever in connection with The Andrew Dunn Walk Run and the Mood Disorders Association of MB.  
I assume full responsibility for any injury, accident, damage or harm arising as a result of my participation, in all Andrew Dunn Organization and Mood Disorders events, activities and programs. I am over the age of eighteen (18), legally competent to sign this waiver, and agree that the terms herein are contractual. I have read this waiver before voluntarily signing it.  
Further, I release the rights to any photos or video of me taken at the event for educational or promotional use.

# Pledge Form



**STEP 1 - Collect Donations**

**STEP 2 - Register (9:30am - 10:30am)**

**STEP 3 - Walk/Run/Ride starts @ 11:00am (rain, shine, or snow)**

**STEP 4 - After event - Free BBQ, Massages, Entertainment, Silent Auction Prizes, Etc.**

5 & 10 k Sponsored by



Working in partnership with  
Mood Disorders  
Association of Manitoba



### WHERE DOES THE MONEY GO?

- Individual & Family support
- Public Education and Awareness Initiatives
- Research &/or alternative treatment

**FOR MORE INFORMATION:** Contact Judy Dunn @ Mood Disorders: ph 444-5228 or jd4mdam@gmail.com or contact Brenda: ph 444-5771 or balinski@mts.net

NAME	ADDRESS (including postal code)	PHONE NUMBER	PLEDGE AMOUNT	AMOUNT COLLECTED	TAX RECEIPT?	PAYMENT METHOD
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All money must be in by May 12th, 2012

**TOTAL**

Please make cheques payable to Andrew Dunn Memorial Fund  
MDAM CHARITABLE REGISTRATION #15192