

Manitoulin Island Relay Run for the Manitoulin Health Centre  
Tree of Life Campaign for the Radiology Department  
Sunday, June 24, 2012 - start time 8:00am  
Registration Form



The Manitoulin Island Relay Run features two routes (see attached maps). The East Route will begin in Little Current. The West Route will begin in Kagawong. Both routes will end at the Community Centre gazebo in Mindemoya. The run will consist of two simultaneous relays each approximately 75-80km with runners completing sections of various distances. Each runner(s) will pass a baton to the next runner(s). Runners may run as an individual, a family or as a team. All money raised will be donated to the MHC Tree of Life Campaign for the Radiology Department. All participants will receive a t-shirt and are encouraged to wear their t-shirt during the run.

Registrations must be received by: **Sunday, June 17, 2012**  
Please complete the attached registration form and waiver.

A bus will be available on both routes (see map - times on map are approximate) to drop off and pick up runners before and after their section of the run. All participants will be contacted by phone to be informed of what zone they will be running in and where to meet the bus.

**\*Runners are required to board the bus before their assigned section or meet the bus along the route to hand in sponsor forms, pledge money, donations and pick-up their t-shirts.**

Runners may arrange their own transportation and meet the bus along the route before and/or after their assigned route. The bus will leave from the starting points (MHC in Little Current and Park Centre in Kagawong) at 8am as the first runner begins.

The bus will advance one runner at a time making sure runners are in place to continue the relay. Runners who are finished may board the bus and meet their party along the route at a designated pick-up spot approximately every 10 km (see map - times on map are approximate).

Runners may run more than their assigned distance and board the bus when they need to.

Water and medical aid will be available on the bus for runners. Washroom availability will be limited.

Both courses end at the Community Centre gazebo in Mindemoya at approximately 4pm.

\*All participants are encouraged to run the last kilometre of their route to end of the relay in Mindemoya. East route will meet at the Mindemoya Health Centre and runners on the West route will meet at Central Manitoulin Public School.

Food and drinks will be available for sale in the arena courtesy of the Mindemoya Health Centre Auxiliary.

Participants are encouraged to collect sponsors for the Tree of Life Campaign (see attached sponsor form) OR additional donations can be made online at:

<http://www.manitoulinhealthcentre.com/donations/>

For more information please follow us on Twitter or Facebook at:

<http://www.facebook.com/events/355595191149348/>





## Manitoulin Island Relay Run 2012

**West route:** Approximately 82km

Kagawong, west on highway 540 to Beange Road, west to Gore Bay, south on Poplar Road to Poplar, east to highway 542, south on highway 542 to Providence Bay, east on Government Road to Yonge Street, north on Yonge Street (highway 551) to Mindemoya.



**East route:** Approximately 79km

Little Current, south on highway 6 to the Bidwell Road, west to highway 540, south to M'Chigeeng, south on highway 551 to Mindemoya





