



Support the Causeway Foundation

Are you interested in running/walking for a great cause? Join the **Causeway Foundation** at the Ottawa Race Weekend on May 29-30, 2010. Raise pledges for Causeway Work Centre and help support people with mental health issues and disabilities every step of the way!

We Need Your Help:

Through your participation in this event you can help raise money for the programs and services at Causeway Work Centre. The Work Centre is a community economic development agency that offers a range of employment, educational, wellness and social enterprises. Causeway supports individuals with mental health issues, disabilities, and those who are economically disadvantaged. One hundred per cent of your donation will support Causeway.

It's easy to get involved:

1. Simply choose a race that suits you:

Date	Time	Race
Saturday, May 29 th , 2010	5:00 pm	5K Run/Walk
	6:30 pm	10K Run
Family Race(2K): Saturday May, 29 th at 4:00 pm		
Sunday, May 30 th , 2010	Ottawa Marathon Day	
	7:00 am	Marathon
	9:00 am	1/2 Marathon

2. Register online at www.ncm.ca to participate in the race.
3. Email info@causewayfoundation.org and let us know you're interested so we can keep you up to date on our pre-event activities. Also go to our website for pledge forms and info at www.causewayfoundation.org.
4. Collect pledges from your friends, family, and co-workers on Causeway's behalf. Cheques made payable to 'Causeway Foundation'. And when you raise \$100 in pledges you will receive a Causeway branded water bottle. Make an online donation at: <http://www.canadahelps.org/CharityProfilePage.aspx?CharityID=d54580>
5. Submit pledge money to Causeway Foundation on or before Thursday, May 27th, 2010.
6. **Join us on Thursday, May 27th, 2010 for a Pep Rally from 5:00 – 7:00pm.** Door prizes! Bring your pledge forms and pledges.
7. Come out on race day and do your very best!



Can't make this year's event? Do you know someone who might run/walk on Causeway's behalf? Please pass this on to the walkers and runners you know!