

## Guysborough County Walkathon 2010 Registration ([www.pals-ns.ca](http://www.pals-ns.ca))



Guysborough Memorial  
Hospital

St. Mary's Memorial  
Hospital

Eastern Memorial  
Hospital

The Third Annual Guysborough County Walkathon, under the direction of the Physically Active Lifestyle Society (PALS), will be held on

**Saturday, August 21, 2010**

The funds raised will be divided equally among Guysborough County's three regional hospitals:

Eastern Memorial Hospital Foundation,  
Guysborough Memorial Hospital Foundation and  
St. Mary's Memorial Hospital Society.

This enjoyable event will begin at 10:00 AM from the Jost Building at Guysborough's Waterfront for a distance of 5 km (3.1 miles), travelling beside Guysborough's harbour, up Peart Point Road, and return via the same route.

**Each walkers' pledges collected must equal a grand total of \$20.00 or more.**

Registration and submission of pledges raised will be at the Jost Building 8:00 AM until 9:45 AM on August 21st.

All walkers will be eligible to participate in the draws for prizes.

**Pledge sheets available at this poster's location  
or online: [www.pals-ns.ca](http://www.pals-ns.ca)**

### **Questions:**

Donald Dunbar, St. Mary's Memorial Hospital Society (522-2572).

John Bent, Eastern Memorial Hospital Foundation (366-2249).

Jude Avery, Guysborough Memorial Hospital Foundation 525-2074 (home)  
525-2567 (cottage).

Ray Bates, Physically Active Lifestyle Society (PALS) (533-2528).

***Neighbours Helping Neighbours***