

# Help support Shamrock Regional Park's 5<sup>th</sup> annual...

# Walk-A-Thon

On Sunday, **June 30, 2019**, I will be walking from Coderre to Shamrock Park. Could you please help support me in my walk, by buying a poker hand? The more hands you buy, the more chances you have to win!

\$5/hand

50% of Pot to Prizes

Sponsor/Walker: 50/50 Split

Please make cheques payable to "Shamrock Regional Park".

Name: \_\_\_\_\_ Age: \_\_\_\_\_

NAME	1	2	3	4	5	TOTAL

Our 5<sup>th</sup> annual walk-a-thon will be held on Sunday, June 30, 2019, starting at 9am. For the walk, we will be starting at Coderre and walking to Shamrock Park. We will have water and snacks at each of the 5 stops. We will also have a shuttle to take people back to Shamrock Park, if needed. For lunch, we will have a hot dog roast. Everyone who takes part in the walk-a-thon will be able to have a free swim after lunch. Please wear comfortable walking shoes, and bring sunscreen and bug spray. Please know that you can walk, run, or bike.