

## IMPORTANT UPDATES FOR WALK & RUN PARTICIPANTS

Thank you for registering for the **2024 Hike for Hospice Hustle**, happening this **Sunday, May 5th**, at **Ethel Tucker Park** in **Okotoks**! This event promises to be a fantastic day for our guests, with fun activities and heartfelt support for hospice care in our community. This event will happen rain or shine, so please be prepared for all weather on the event day!

The timeline of the day is as follows:

**10:00 am - 10:45 am:** Same-day registration, package pickup and event check-in

**10:45 am:** Speeches and warm-up

**11:00 am:** 5K Hustle starts

**11:15 am:** 2K & 5K Hike starts

**10:00 am - 2:00 pm:** Family-friendly activities and food trucks onsite

Here's what you need to know to make the most of this memorable day:

### **LOST KIDS**

If you are bringing your children with you to the event, you will find paper bracelets inside this race package. Please write YOUR name and phone number in Sharpie on the bracelets and put them on your child's wrist on Sunday before the hike. This way if you lose sight of your child, we can contact you based on the information on their bracelet. There will be a LOST KIDS zone, next to the KIDS ZONE.

### **HIKE FOR HOSPICE BINGO**

Kids will be given a Hike for Hospice Bingo card in the race packages! While on your Hike, kids can look for as many of the art pieces on the Bingo card as they can find, crossing them off as they go. Once they get back to the event zone, please write their name and your phone number on the back of the Bingo sheet and return to the registration table where they will be entered into a draw to win a prize!

### **AWARDS**

**Top Fundraising Individual:** We'll recognize the outstanding efforts of the individual who raises the most funds in support of hospice care with a special award.

**Top Fundraising Team:** Teamwork makes the dream work! The team that raises the highest amount collectively will receive well-deserved recognition.

**Best Dressed Team (Costumes):** Unleash your creativity and show off your team spirit in memory of your loved one or just for fun! The team with the most imaginative costumes will win the Best Dressed Team award.

### **ACTIVITIES**

**Food Trucks:** After your walk/run, fuel up with pizza from Il Forno Vagabondo or snack on some delicious treats from Mini Donuts Canada.

**Face Painting:** Let your imagination run wild with free face painting for participants of all ages.

**Caricatures:** Capture the moment with a unique caricature drawing by Garicatures, available by donation.

**Friendship Bracelet Station:** Get crafty and create a beautiful, colourful bracelet to commemorate the day with your friends and loved ones.

**Live DJ:** Get ready to groove to the beats of Stel Productions, who will be spinning tunes throughout the day.

The Hike for Hospice Hustle is not just about the walk or run; it's about coming together as a community to support a cause that touches us all. Your participation and fundraising efforts will make a meaningful difference in the lives of those receiving hospice care.

**Thank you for your support. We can't wait to see you at the 2024 Hike for Hospice Hustle!**

### **QUESTIONS?**

Contact Lindsey Dunham, Event Coordinator

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**SUNDAY, MAY 5, 2024**

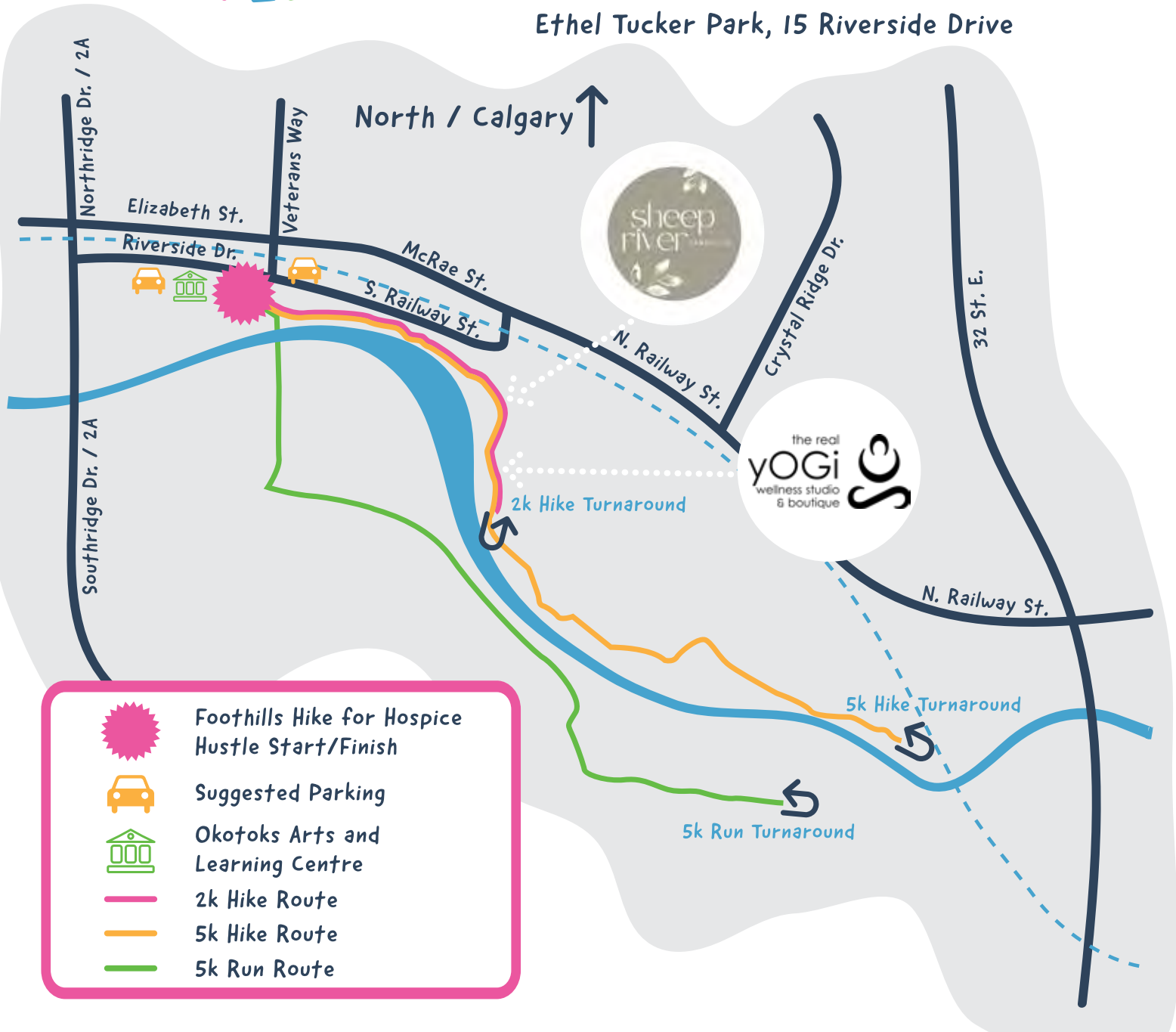
5km Run / 5km + 2km Hike (Walk)

Start Time: 11:00am

Okotoks, Alberta

Wheelchair, Stroller & Dog Friendly!

Start/Finish and Festival Location:  
Ethel Tucker Park, 15 Riverside Drive



-  Foothills Hike for Hospice Hustle Start/Finish
-  Suggested Parking
-  Okotoks Arts and Learning Centre
-  2k Hike Route
-  5k Hike Route
-  5k Run Route