



## **Saturday, July 24th, 2010 6:30 a.m.**

Start getting ready for PFC's Fun Run/Walk at Congress 2010. Not only will you have a chance to show off your running or walking form but you will have an opportunity to win exciting prizes.

A highlight of this year's event is the CPA Division Challenge. Here's your chance to see which Division can raise the most pledges for PFC, entice the greatest number of members to participate and end up with the most members in the top three fastest male and female runners category.

Ensure your Division is the winner. Sign up now on the **Congress 2010 registration form** to participate, and don't forget to download your **pledge sheet** or visit [www.physiotherapyfoundation.ca](http://www.physiotherapyfoundation.ca). \*YOU CAN REGISTER ON-SITE ON THE DAY OF THE RACE. Just make sure to do so before the race at 6:00am.

Your entry fee of \$25.00 includes a light post-race breakfast and awards presentation.

**Don't delay!**

Get yourself to the start line by supporting physiotherapy research and the Physiotherapy Foundation of Canada. Ask your friends and family to pledge you. Their support will make a difference.

For more information please contact the PFC at:  
(416) 979-0115 or 1-888-285-4136  
or email: [foundation@physiotherapy.ca](mailto:foundation@physiotherapy.ca)