

KITSUMKALUM WALK FOR HEALTH

SATURDAY, MAY 10TH, 2025

Check-In: 9 am
Walk Starts: 10 am

Start Location: Tempo Gas Bar
(Highway 16 West)

Route: 5 km loop through the
Kitsumkalum Village

Parking: Kitsumkalum Hall

Washrooms: Tempo Gas Bar

Costumes: Encouraged

Dogs: On leash

Proceeds to the Dr. R.E.M. Lee Hospital Foundation help fundraise for this year's Gantry Lifts & Motors project, benefiting 43 Rooms that are currently without these essential devices.

Collect pledged and donations to support the Residents & Staff at Terraceview Lodge.

Total Project cost \$463,400

How to Participate:

Register as an individual or as a team

- Collect pledges from family, friends, or local businesses
- Submit completed forms & donations at check-in on May 10th
- Donations accepted in **cash or cheque**
(payable to Dr. REM Lee Hospital Foundation)

Participant Registrant Information

Name: _____

Address: _____

Phone: _____

Email: _____

WAIVER MUST BE SIGNED BY WALKER

In signing this release I acknowledge that I understand the intent thereof, and I hereby agree to absolve and hold harmless Kitsumkalum Tempo Gas Bar, corporate sponsors, cooperating organizations and any other parties connected with this event in any way, singularly, or collectively, from and against blame and liability for any injury, misadventure, harm, loss, inconvenience or damage hereby suffered or sustained as a result of participation in the 'Kitsumkalum Walk for Health 2025', or any activities associated therewith. I hereby consent to and permit emergency treatment in the event of injury or illness. I also give full permission for use of my name, photo and video in connection with this event, and to receive e-mail updates about events and programs.

Signature: _____

Parent/ Guardian if under 18 years of age: _____

Mother's Day Pancakes
+ BBQ Burgers by

WALK, DRESS UP & WIN!

Register, complete the walk, and donate or collect pledges to be entered into prize draws!

Bonus Entries for:

- Wearing a costume
- Walking as a themed team or group

Prize Categories:

- Paws on the Path – Best dog or dog/ owner duo
- Spirit Award – Most enthusiastic team
- Costume Awards – Best Family, Funniest, Best Hero

**Walk, roll, or ride — everyone's
welcome
to move their way!**



2025 Kitsumkalum Walk for Health

Gantry Lifts & Motors for Terraceview Lodge

Pledge Form

Instructions:

- Please collect the donations when the pledge is made
- Make all cheques payable to Dr. REM Lee Hospital Foundation
- Submit completed forms and funds at check-in on May 10th, 2025, 9:00 AM at Tempo Gas Bar

	Name of Sponsor	Full Address (City, Province, Postal)	Phone	Amount
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				
21				
22				
23				
24				
25				
26				
Nt'oyaxsn (Thank you) for supporting Residents & Staff at Terraceview Lodge!				Total