

Rules

1. Each participant must complete and sign a registration form and submit the registration fee.
2. Each participant must 'tag out' before starting and 'tag in' after completing the event.
3. Each registered participant must complete the full hike or the mini-hike (on their own) on the scheduled Hike for Health date to qualify for prizes.
4. If a participant is unable to complete the hike the Committee must be notified and an alternate hiker may be identified prior to the scheduled start of the hike.
5. Participants 12 and under must be accompanied by a registered adult (person 18 or over).
6. Participants between the ages of 13 and 17 may be unaccompanied but must have a parent or guardian signature on the registration form.
7. To qualify for major prizes, registration and pledge forms must be received on or before Friday, September 21, 2018 by 4:00 pm.
8. Dogs are allowed on the hike provided they are leashed at all times. Dogs are not allowed on the bus. Owners are responsible for their dog and must 'stoop and scoop'.
9. Participants provide their own water bottle. Water for re-filling bottles will be available at the Nipigon Marina and Sawmill Point.
10. Participation Draw Prize and Major Prizes will be awarded at 9:00 am at the Nipigon Marina Pavilion on Saturday, September 29th.
11. NO LUNCH WILL BE PROVIDED. We encourage you to present your medal to participating local restaurants on the day of the hike and receive 15% off your lunch.

Thank you to our sponsors



Supported by:

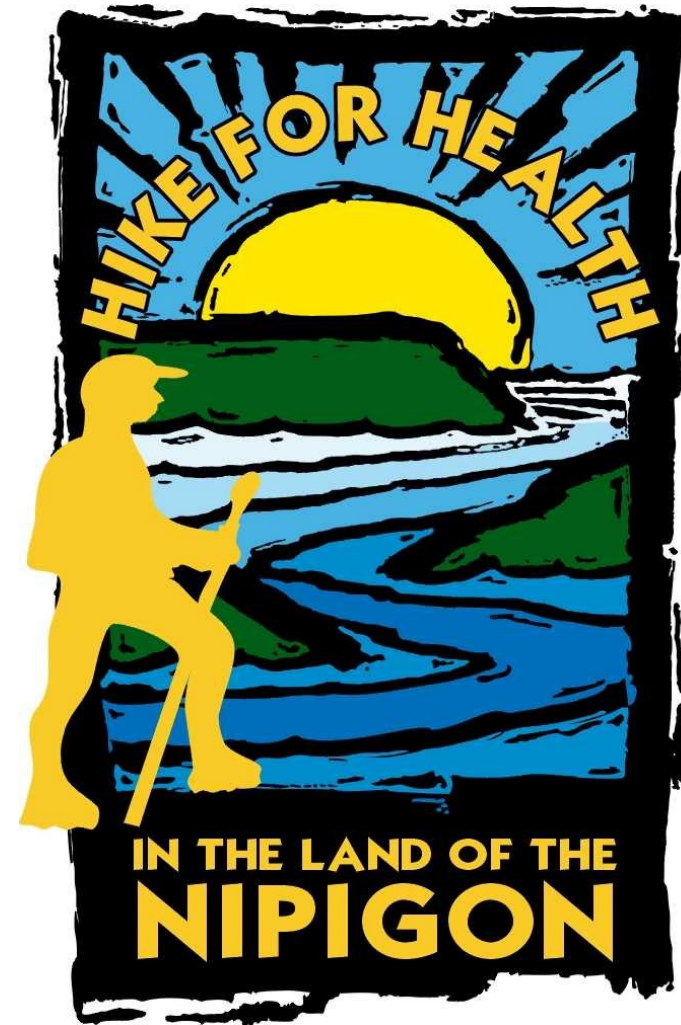
Rendezvous Ski Club



This year's recipients of funds:

- Nipigon District Memorial Hospital
- Rotary Club of Nipigon
- Land of Nipigon Waterways Development Association
- Rendezvous Ski Club
- Nor'Wester Trail Club

21st Annual



Saturday, September 29th, 2018

An annual charity event on the Nipigon River Recreation Trail

Registration

\$25 / Adult
\$10 for children 14 and under

Registration includes light breakfast and transportation to Red Rock trailhead.

To QUALIFY FOR MAJOR PRIZES you MUST Pre-Register. Your form and pledge money must be received no later than September 21, 2018, 4:00 pm.

In person at:
Township of Nipigon, 52 Front St.

By mail to:
Hike for Health
P.O. Box 158, Nipigon ON P0T 2J0
Cheques payable to: 'Hike for Health'

Or online at:
www.hikeforhealth.net

Register on the day of the hike at the Nipigon Marina Pavilion at 8:30 am

Incentives

The participants raising the most money receive the major prizes, all participants will be entered for the draw prize.

The child 14 and under raising the most money will receive a \$200 gift card for Canadian Tire.

Draw will be held, and prizes given out the day of the hike, beginning at 9:00 am Nipigon Marina Pavilion.

All participants in the youth scavenger hunt will receive a special gift

Schedule of Events

8:30 Registration/Breakfast/Prizes at Nipigon Marina Pavilion

9:30 Buses depart beginning from Nipigon Marina for Red Rock Trailhead

9:45 Mini Hike to Sawmill Point begins

- NO HIKERS ON THE TRAIL BEFORE 9:45 am
- LUNCH WILL NOT BE PROVIDED.

Visit one of our local participating restaurants to show your medal and receive 15% off of your meal following the hike. Valid September 29th, 2018 only. The Rotary Smokie Booth will also be set up at the marina on hike day. Please note, the 15% discount does not apply to purchases at the Smokie Booth.

Mini Hike

From the Nipigon Marina to Sawmill Point enjoy a leisurely 5 km return hike along a flat portion of the trail. Begins at 9:45 am.

Scavenger Hunt

Children 14 and under are encouraged to participate in a scavenger hunt presented by the Nipigon District Family Health Team. Participants will receive a special gift.

Additional Information

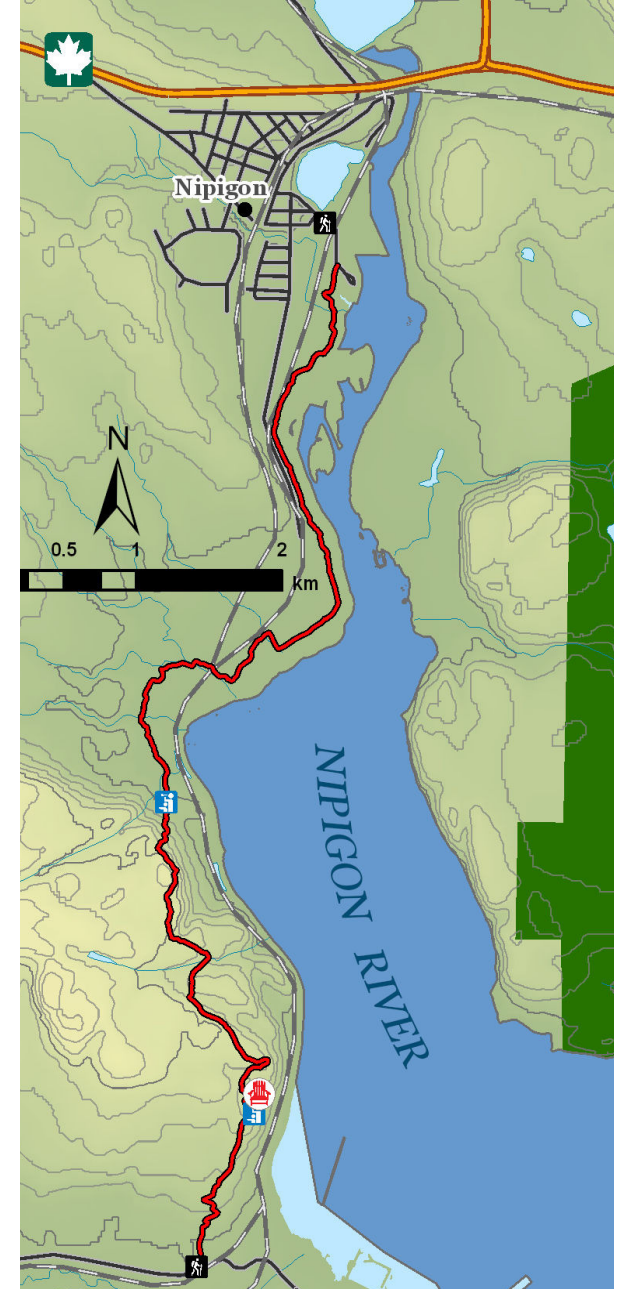
Bathrooms: Red Rock Trailhead, Nipigon Marina

Water stations: Sawmill Point, Nipigon Marina (bring your own refillable bottle)

Committee members in BLUE Nipigon Volunteer t-shirts will be visible on the trails and at trailheads.

Additional pledge sheets and link to online registration available at www.hikeforhealth.net

For hike information contact Suzanne:
807-887-3135 ext 26



The 10 km trail is managed by the Land of the Nipigon and takes approximately 2.5 - 3 hrs to complete. It is challenging, with rugged terrain and long stairs. Appropriate hiking footwear and clothing is recommended. Spectacular views make it well worth the effort!