

# Footsteps for Families



## Walk-Run-Hike-a-thon

Join us for a good time with good food and good friends...all for a great cause!

**Sunday, June 13, 2010 – Check In 9 a.m. – Kickoff 10:30 a.m.**

### **Location: Dundas Valley Conservation Area**

650 Governors Road, Dundas  
(between Hwy 52 and Ridgewood Blvd.)

### **Route Lengths**

Run and walk: 1 km and 5 km  
Hike: 3.5 km (hike is not stroller or wheelchair accessible)

**Register at [www.FootstepsForFamilies.com](http://www.FootstepsForFamilies.com)**

*Helping give sick children what they need most...their families.™*

In support of  
Ronald McDonald House Hamilton



**Hamilton Conservation Authority**

For more information please visit  
[www.footstepsforfamilies.com](http://www.footstepsforfamilies.com)  
or call Ronald McDonald House  
Hamilton at (905) 521-9983