

May 4, 2010



Media Advisory

**Commissionaires Ottawa running in partnership with CFB Petawawa
to raise awareness and funds for military families: May 6-7, 2010
Two-day, 200-km third annual event to end at Red Friday Rally in Petawawa**

On May 6, 2010, about 20 commissionaires and 20 military personnel will depart from Parliament Hill in Ottawa and run relay-style westward through Kanata, Carp, Arnprior, Renfrew and the Township of McNab-Braeside. The next day, they will run through the Township of Whitewater Region, Pembroke and cross the finish line at a Red Friday Rally hosted by the Red Friday Ladies in Petawawa.

Commissionaires Ottawa, Lead Sponsor and Organizer, is raising awareness and funds in support of the Petawawa Military Family Resource Centre (PMFRC) and its mission – which is to enrich the lives of individuals and families of the military community through positive action, education, and support. Since 2008, the private security company has raised \$70,000 for the PMFRC's Child Care Program, which provides short-term respite, emergency childcare placement and back-up care for children 0-6 years of age.

All media and members of the public are invited to attend:

May 6, 2010 - 45-minute kick-off, Parliament Hill by the Centennial Flame (rain or shine):

0800 hours (guests, supporters and media to gather)

0815 sharp (greetings from Guest Speakers begin)

0845 hours (runners depart)

Confirmed Guest Speakers:

- Captain (N) Paul A. Guindon (Ret'd), CEO, *Commissionaires Ottawa*, Lead Sponsor and Organizer
- Lieutenant-General Andrew Leslie, A.B., CMM, MSC, MS.M, CD, Chief of the Land Staff on behalf of Chief of the Defence Staff of the Canadian Forces
- His Worship Larry O'Brien, in his capacity as Mayor and on behalf of the City of Ottawa
- The Honourable John Baird, Minister of Transport, Infrastructure and Communities, M.P., P.C., B.A., in his capacity as Honourary Commissionaire
- Max Keeping, in his capacity as Board member, CDS Military Families Foundation

To be acknowledged by Paul Guindon as being in attendance AND as runners:

- Lieutenant-Colonel Keith Rudderham, CFB Petawawa Base Commander
- Chief Warrant Officer Kevin O'Rourke, Base Chief Warrant Officer
- Captain Moe St-Louis, *Commissionaires Ottawa*, Founder and Creator of the RUN FOR MILITARY FAMILIES concept

To be acknowledged by Paul Guindon as being in attendance:

- Theresa Sabourin, Executive Director, Petawawa Military Family Resource Centre
- Tracy Gorman, Chair, PMFRC Board
- Colleen Sutherland, Director at Large, PMFRC Board

(Full event details can be found at www.commissionaires-ottawa.on.ca.)

For more information or to request an interview, please contact:

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For questions relating to CFB Petawawa's participation in this event, please contact:

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