

May 6-7, 2010



For Immediate Release

### **Third Annual event honours and supports troops and their families**

**May 6-7, 2010: *Commissionaires Ottawa* running in partnership with CFB Petawawa through seven different municipalities between Ottawa and Petawawa**

National Capital Region/Ottawa Valley – The families of Canadian military families are being honoured – and supported – with a third annual event on May 6 and 7: RUN FOR MILITARY FAMILIES. Approximately 20 commissionaires will join with 20 CFB Petawawa military personnel to run from Parliament Hill westward through various communities to Petawawa.

This event is being launched to raise awareness and funds in support of the Petawawa Military Family Resource Centre (PMFRC), a non-profit agency located at CFB Petawawa. The Centre's mission is to enrich the lives of individuals and families of the military community through positive action, education, and support. Since 2008, *Commissionaires Ottawa* 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.

Paul Guindon, CEO of *Commissionaires Ottawa*, Lead Sponsor and Organizer of the event, says, "When a soldier is deployed, the biggest concern is wondering whether his or her family is being looked after at home. Our community's involvement in RUN FOR MILITARY FAMILIES shows our soldiers that their family members are not forgotten and that we appreciate the daily sacrifices they make on our behalf. We chose the Petawawa Military Family Resource Centre as the beneficiary of funds raised by *Commissionaires Ottawa* during this event because there are currently nearly 90 commissionaires providing a range of security services at CFB Petawawa. Nearly all of them are ex-military and some of them previously served on the base before becoming commissionaires."

Mr. Guindon, a retired navy captain who spent 33 years in the Canadian Forces, adds, "This is a significant time in our Canadian history and our Canadian military. It is a time of commitment because of our global role in security, our international reputation and the need to protect our freedom. Our troops are making daily sacrifices on our behalf, but so are the families they leave behind when they are deployed on peacekeeping missions."

"The RUN FOR MILITARY FAMILIES is a way to support all the loved ones in our region who are left to wait for our soldiers' safe return," says Mr. Guindon.

"We are grateful for CFB Petawawa's support of this event and their eagerness to partner with commissionaires once again this year for the 200 km relay-style run. Many commissionaires are former members of the Canadian Forces so together with our brothers and sisters from CFB Petawawa, they share a passion to safeguard our country's freedom and peaceful way of life. It is an honour to have them join us," he adds.

*Commissionaires Ottawa* has been reaching out to citizens and businesses for a monetary contribution in support of the PMFRC. Fundraisers with donation boxes will be leap-frogging ahead of runners at designated assembly points all along the 200 km route.

There will be brief presentations for gatherings of supporters and media at Parliament Hill (starting point/kick-off), Arnprior, Renfrew, Township of McNab/Braeside, Township of Whitewater Region, Pembroke, and through to the finish line at the Red Friday Rally hosted by the Red Friday Ladies at the Petawawa Legion on Petawawa Blvd., (please consult the Public Event Schedule for the pre-scheduled stops at: [www.commissionaires-ottawa.on.ca/en/pet\\_run\\_event\\_schedule.html](http://www.commissionaires-ottawa.on.ca/en/pet_run_event_schedule.html)). The Rally begins at 12:00 noon and the RUN FOR MILITARY FAMILIES runners are due to cross the finish line by around 1:00 p.m.

The schools that have registered to participate include: **Kanata:** St. Isidore Catholic School (Principal: Michael Schreider); **Arnprior:** A.J. Charbonneau (Principal: Angie McGrath), Arnprior District High School (Principal: Neil Farmer), John XXIII School (Principal: Sondra Keatley), St. Joseph's Catholic School (Principal: Christina Brown), and Walter Zadow High School (Principal: Kim Shoveller); **Renfrew:** Queen Elizabeth Public School (Principal: Margaret Maloney); **Pembroke:** Centre scolaire catholique Jeanne Lajoie (Principals: Daniel Levasseur, Pavillon élémentaire / Richard Carrier, Pavillon secondaire); **Petawawa and area:** Our Lady of Sorrows (Principal: Donna Duplak), Pine View Public School (Principal: Keith Haycock), and St. Anthony's Catholic School – Chalk River (Principal: Amy Sicoli). Several other schools will be sending contingents of students to designated assembly points along our 200km route.

The public can learn full event details at [www.commissionaires-ottawa.on.ca](http://www.commissionaires-ottawa.on.ca).

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

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