

May 9-10, 2008

For Immediate Release

RUN FOR MILITARY FAMILIES (Ottawa-Petawawa): May 9 -10
Commissionaires Ottawa running in partnership with CFB Petawawa to support families

Ottawa-Petawawa – The families of Canadian military personnel are being honoured – and supported – with an inaugural event on May 9 and 10: RUN FOR MILITARY FAMILIES. The Event Kick-off is taking place by the Centennial Flame at Parliament Hill between 8:30 a.m. and 9:00 a.m. on May 9, with greetings being extended by Captain (N) Paul A. Guindon (Ret'd), (Commandant and CEO, *Commissionaires Ottawa*, Lead Sponsor and Organizer); Major-General M.J. Ward, (CD, Chief of Force Development, Patron for Canadian Forces Running); His Worship Mayor Larry O'Brien, (on behalf of the City of Ottawa); The Honourable John Baird, Minister of the Environment, M.P., P.C., B.A., (in his capacity as Honourary Commissionaire); and, Max Keeping, in his capacity as Board member, CDS Military Families Foundation.

Approximately 20 commissionaires will join with 20 CFB Petawawa military personnel to run from Parliament Hill along Old Highway 17 West to Canadian Forces Base (CFB) 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.

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 more than 80 commissionaires providing a range of security services throughout 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 at Petawawa and throughout the Ottawa area, 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 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. Donations can be made by calling toll free 1-877-322-6777, ext. 615 (Ottawa Valley), or (613) 231-6462, ext. 615 (National Capital Region). Visa or MasterCard are accepted. Fundraisers will also be at designated assembly points along the nearly 200 km route when runners pass through communities on May 9 and 10, (full "Event Schedule" posted at www.commissionaires-ottawa.on.ca/en/pet_run_event_schedule.html).

During the course of the two day event, the RUN FOR MILITARY FAMILIES running convoy will make brief stops along the way to acknowledge communities' support, donors, and the veterans and military families in the Ottawa–Petawawa area. There will be brief presentations for gatherings of supporters and media at Parliament Hill (starting point/kick-off), St. Isidore Catholic School in Kanata, Arnprior, Renfrew, Braeside, Pembroke, Beachburg, the Royal Canadian Legion in Petawawa, and through to the finish line at Dundonald Hall, CFB Petawawa, (please consult the Event Schedule for the pre-scheduled stops at www.commissionaires-ottawa.on.ca/en/pet_run_event_schedule.html). A cheque will be presented in a brief ceremony at the conclusion of the run.

The public can learn full event details 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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THANK YOU TO OUR CORPORATE SPONSORS!

Events like RUN FOR MILITARY FAMILIES show our military families that they are not forgotten and that we appreciate the daily sacrifices they make on our behalf. Corporate sponsors are helping to defray the costs of food, water and refreshments for the runners, fuel for support vehicles, permits, promotional activities, and other event-related logistics. We appreciate the efforts and contributions of our Corporate Sponsors. Thank you!



www.gdcanada.com



Special thanks go to the Carlingwood Shopping Centre and Place d'Orleans for donating space to *Commissionaires Ottawa* so volunteers could collect donations. Thanks also goes to Jeff Desarmia for contributing to the cost of the red t-shirts provided to the runners, organizers and guest speakers.