



MAY 7-8, 2009

EVENT SCHEDULE (Day 1)

Thursday, May 7, 2009

Ottawa (Greetings and Event Kick-off) Parliament Hill, by the Centennial Flame

45-minute kick-off:

0800 hours (guests, supporters and media to gather)

0815 sharp (greetings from Guest Speakers begin)

0845 hours (runners depart)

Confirmed Guest Speakers (order of speakers as shown):

- Captain (N) Paul A. Guindon (Ret'd), CEO, *Commissionaires Ottawa*, Lead Sponsor and Organizer
- Major-General G.R. Thibault, CD, Assistant Chief of the Land Staff on behalf of Chief of the Defence Staff of the Canadian Forces
- Deputy Mayor Michel Bellemare, on behalf of the City of Ottawa
- The Honourable John Baird, 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 Bill Moore, 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

Huntley Centennial Public School

Students to cheer on a team of runners as they pass by. Principal Cindy Beauchamp to extend greetings to two runners who will stay behind to participate in a 5-minute exchange – which includes a lap around the school track with students from the Sports Club - before departing again to be reunited with their running team.

Between 915-930 hours

118 Langstaff Drive
Ottawa, (Carp), ON - K0A 1L0

Day 1, page 1 of 3...



For more information, please contact:

Andrée Paige, Communications/Media Relations (*Commissionaires Ottawa*)

Tel: 613-745-2312 / Cell: 613-863-1828 / E-mail : andree@cgacommunications.com



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Thursday, May 7, 2009 (cont'd)

Fitzroy Centennial Public School

Students to cheer on a team of runners as they pass by. Principal Iain Slingerland to extend greetings to two runners who will stay behind to participate in a 5-minute exchange before departing again to be reunited with their running team.

Between 1100-1130 hours

3765 Loggers Way
Ottawa, (Kinburn), ON - K0A 2H0

St. Isidore Catholic School

Principal Michael Schreider to extend greetings to a team of runners who enter school property and participate in a 5-minute exchange before departing again to be reunited with their running team.

Between 1145-1215 hours

1105 March Road
Ottawa, (Kanata), ON - K2K 1X7

St. Joseph's Catholic School

Students to cheer on entire group of runners as they pass by, (no stop). Principal: Christina Brown.

Between 1305-1315 hours

324 John St. North
Arnprior, ON – K7S 2P6

Arnprior District High School and Walter Zadow Public School

Principals Neil Farmer (Arnprior District High School) and Ross McEwen (Walter Zadow Public School) to extend greetings to two runners who will run into school property and participate in a 5-minute exchange before departing again to be reunited with their running team.

Between 1310-1330 hours

59 and 79 Ottawa Street
Arnprior, ON – K7S 1X2

Day 1, page 2 of 3...



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Thursday, May 7, 2009 (cont'd)

Town of Arnprior

General public invited to gather along Elgin St. W. (between John St. N. and Division St. S.). All runners united for this leg of the RUN. Includes brief stop at Arnprior Municipal Offices to receive greetings and a presentation from Mayor Terry Gibeau.

Between 1320-1350 hours

Brief stop at 105 Elgin Street West (Town Hall)
Arnprior, ON - K7S 0A8

Town of Renfrew

General public invited to gather along Raglan St. S. (between Munroe St. and Coumbes St.). All runners united for this leg of the RUN. Includes brief stop at Renfrew Town Hall to receive greetings and a presentation from Mayor Sandra J. Heins.

Between 1420-1450 hours

Brief stop at 127 Raglan Street South (Town Hall)
Renfrew, ON - K7V 1P8

Queen Elizabeth Public School

Students to cheer on entire group of runners as they pass by. The boulevard attracts heavy traffic and the school is located on the opposite side of the road from where the running convoy will pass. For reasons of safety, canvassers with donation boxes and a RUN FOR MILITARY FAMILIES representative will present themselves on school property before runners pass by. Principal: Margaret Maloney.

Between 1450-1510 hours

100 Veterans' Memorial Boulevard (Coumbes)
Renfrew, ON – K7V 2R6

Township of McNab/Braeside

Teams of runners heading west along River Road (between William Meek and Storie). Includes brief stop at Braeside Post Office to receive greetings and a presentation from Mayor Mary Campbell.

Between 1610-1730 hours

834A River Road (Post Office)
Braeside, ON - K0A 1G0

Day 1, page 3 of 3...



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EVENT SCHEDULE (Day 2)

Friday, May 8, 2009

Township of Whitewater Region

Teams of runners heading north on Beachburg Road. Includes brief stop at Beachburg Rd./Lapasse Rd. intersection to receive greetings and a presentation from Mayor Donald Rathwell.

Between 0710-0920 hours (presentation from Mayor at around 745 hours)

Beachburg Rd./Lapasse Rd. Intersection
Township of Whitewater Region

City of Pembroke

General public invited to gather at Riverside Park. Entire group of runners to receive greetings from Mayor Ed Jacyno.

Between 1045-1115 hours

Riverside Park, Pembroke St. W.
Pembroke, ON

Red Friday Welcome Home Troops Rally (Finish Line/Cheque Presentation) Moncion Grocers (Petawawa Market, 3025 Petawawa Boulevard, Petawawa)

1300 hours (brief presentation ceremony after everyone crosses the finish line)

VIPs include (but not limited to): Hon. Peter MacKay (Minister of National Defence), Lieutenant-Colonel Bill Moore (CFB Petawawa Base Commander), Chief Warrant Officer Kevin O'Rourke (Base Chief Warrant Officer), Karen Boire and Lisa Miller ("Red Friday Ladies" and Co-coordinators of the Red Friday Welcome Home Troops Rally), His Worship Bob Sweet (Mayor of Petawawa), Jennifer Madigan (MC), Capt (N) Paul Guindon (Ret'd), CEO of *Commissionaires Ottawa*, Lead Sponsor and Organizer, Capt Moe St-Louis (Founder and Creator of RUN FOR MILITARY FAMILIES concept), Theresa Sabourin (Executive Director of the Petawawa Military Family Resource Centre).



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