



BOOT CAMP FOR HOPE

TEAM REGISTRATION PACKAGE

SATURDAY, SEPTEMBER 25, 2010
LAKEHEAD UNIVERSITY HANGAR

TEAM NAME: _____
TEAM CAPTAIN: _____
CONTACT NUMBER: (____) _____ - _____

E-MAIL: _____

TEAM MEMBERS AND TIME OF THEIR BOOT CAMP SESSION
(PLEASE ENSURE EACH PARTICIPANT RECEIVES A PLEDGE FORM)

9:00 AM	_____
10:00 AM	_____
11:00 AM	_____
12:00 PM	_____
1:00 PM	_____
2:00 PM	_____
3:00 PM	_____
4:00 PM	_____
5:00 PM	_____
6:00 PM	_____
7:00 PM	_____
8:00 PM	_____
9:00 PM	_____

PLEASE CONFIRM YOUR TEAM REGISTRATION BY SEPTEMBER 17TH BY
CALLING SUPERIOR CORPORATE BOOTCAMP AT 621-5500.

SUBMIT YOUR TEAM PACKAGE, WITH ALL PLEDGE FORMS AND MONEY
BY 8:00AM ON THE MORNING OF THE EVENT AT THE LU HANGAR.

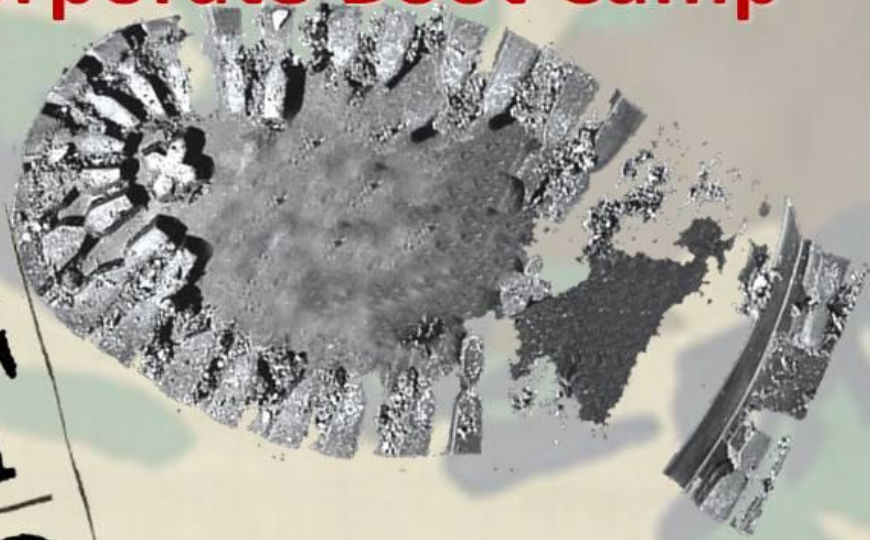
Superior Corporate Boot Camp

PRESENTS THE

1ST ANNUAL



**BOOT
CAMP**



FOR

HOPE

**12 Hour Charity Fitness Relay
Saturday September 25, 2010**

Lakehead University Field House



Official Corporate
Sponsor

- ★ \$50 registration fee/person or \$75 or more in pledges to waive registration fee.
- ★ Registration packages available through the Thunder Bay Regional Health Sciences Foundation 345-4673, Superior Corporate Boot Camp 621-5500 and at any Thunder Bay RBC Branch





Are you ready for the premier team building exercise? The 1st annual Boot Camp for Hope event is scheduled for September 25th at the Lakehead University Hangar, and is the perfect opportunity to showcase your workplace's community spirit.

What is the Boot Camp for Hope?

It's a 12 hour charity fitness team relay involving a wide array of exercises to whip your butt into shape. Participating teams are required to have one team member on the field at all times and tag-in a new participant every hour. The ideal team number will be 12 so each member participates for one session. But as long as someone is representing your team for the full 12 hours, your mission will be successful.

Start putting your team together to ensure you have enough members to finish the 12 hour boot camp relay, and send in your team registration soon, as space is limited.

Awards will be available for the following:

- Top 3 pledge earners
- Highest pledge earning team
- Most number of collected pledges
- Team spirit – best outfits and most spirit.

All that it takes is a minimum \$75 in donations from family, friends and co-workers for each participant. This means that a team of twelve will need \$900 in pledges to participate. If fundraising isn't your forte, a registration fee of \$50 will get you in the Boot Camp for Hope.

What a better way to show the spirit of your workplace and raise money for the Thunder Bay Regional Health Sciences Foundation's Northern Cancer Fund.

If you have any questions, please contact Superior Corporate Boot Camp at 807-621-5500. Or pick up your registration packages at any Thunder Bay RBC branch or the Thunder Bay Regional Health Sciences Foundation website at www.healthsciencesfoundation.ca