

**WALK FOR  
ALZHEIMER'S**  
MAKE MEMORIES  
MATTER



**LA MARCHÉ  
POUR L'ALZHEIMER**  
UN GESTE DIGNE  
DE MÉMOIRE™/MC

**Sunday, May 28, Lake Ontario Park**

**Frequently Asked Questions**

- **Registration:** Although we encourage online registration, walkers are more than welcome to register in person on the day of the walk, and accept pledges manually if they prefer to do that. You can download a pledge sheet from the Walk site or we can email one to you if you give us a call! Registration starts at 10am and the walk starts at 11am.
- **Location:** Lake Ontario Park at the Longhouse toward the back of the park. The park has accessible washrooms and walking paths, as well as a family bathroom facility.
- **The Route:** The walk will make use of the accessible pathways that run throughout the park, which are wide paved pathways, gently sloped – wheelchairs and walkers can manage them easily for the most part. There is one short stretch of gravel path in the longer route that is very flat and worn down so it may be a bit bumpy but should not preclude use by wheelchairs or walkers. The majority of that route is lovely and wanders along the water, through a small wooded area and into Elevator Bay park. The shorter route is all on the same level and is perfect for those with less mobility.
- **How long is the walk?**  

We will use the waterfront walkway, and have marked out two routes – one that is 1.5 km in distance and one shorter one that is just under .5 km. You may walk as long or as short a distance as you wish during the hour between 11 and 12 noon. The pathways are accessible and gently sloped for people with mobility issues – the shorter route is not sloped at all.
- **Prizes:** everyone who brings in \$100 or more in pledges gets a free T shirt. There are some great team prizes and individual prizes for the most funds raised as well as random draw prizes.
- **Entertainment:** There will be live entertainment from 10 to 1pm, Roger James ( 10-10:30) The Remnants, 11-1. Snacks and lunch provided for all walkers who are registered. There will also be some popcorn available for sale, a 4 hole small mini golf activity and an inflatable soccer game.
- **What about the weather?** Its Rain or shine, we do have the longhouse for cover if needed, but we will walk in any weather unless it's too dangerous to do so.
- **How Can I Get Involved If I Can't walk?** If people are unable to walk they may make a donation to the walk either online or on site, or sponsor a walker or a team either on line or in person.
- **Note:** Everyone is welcome to walk with us, you do not need to raise funds, just come out and enjoy the event!
- For more information or for a registration /pledge sheet, contact the Alzheimer Society of KFL&A, 613-544-3078, or email [ask@alzking.com](mailto:ask@alzking.com) for more details or help with the website.