



Hospice Fredericton

# HIKE FOR HOSPICE 2025



**PARTICIPANT TOOLKIT:**  
*Everything you need to know!*

All inquiries about the Hike can be directed to:  
[abalasevicius@hospicefredericton.ca](mailto:abalasevicius@hospicefredericton.ca)



Thank you for participating in the 2025 Hike for Hospice—Hike Your Way! Our goal is to raise \$50,000 to support Hospice House's programs and services. Each year, we must raise 60% of our operating costs from donations—that's why your support means so much!

Do this year's hike YOUR WAY! Join us for a walk across the Bill Thorpe walking bridge on June 8th OR engage in whatever physical activity you want wherever and whenever you'd like! Whether participating on your own or with a team, Hike for Hospice is a wonderful way to honour loved ones, show support, and raise funds for the programs and services Hospice Fredericton has to offer.

### HOW TO PARTICIPATE:

1) Whether participating on your own or with a team, everyone will need to **REGISTER**. We encourage online registration via our website: <https://hospicefredericton.ca/hike-for-hospice/> If you want to create or join a team, you can do so through the same link. However, if you prefer paper registration forms, please fill out the forms on the following pages. Event attendees will also have the option to register in person on the morning of the hike.

2) **FUNDRAISE** - ask family, friends, colleagues, and anyone else in your network! Spread the word and gather donations, or direct your supporters to contribute online via: <https://hospicefredericton.ca/hike-for-hospice/> If you'd prefer to collect physical donations, a pledge sheet is attached in the following pages.

3) From now until June 8th, go solo or grab your team and **GET ACTIVE FOR HOSPICE FREDERICTON**. Join us for a walk across the Bill Thorpe walking bridge on Sunday, June 8th, OR participate anytime, anywhere - it's up to you!

4) **SHARE PHOTOS** using #HikeYourWayFreddy to be featured on our social media platforms, or send photos/videos to [abalasevicius@hospicefredericton.ca](mailto:abalasevicius@hospicefredericton.ca) of you and/or your team participating in this year's Hike for Hospice.

## PRIZES TO BE WON!

#HIKEYOURWAYFREDDY

Know that by participating in Hike for Hospice - Hike Your Way, you are supporting the excellent work of Hospice Fredericton. Your support will help those living with advanced illness and requiring end-of-life care at Hospice House. Since opening in 2016, Hospice House has served over 1,300 patients and their families. We could not do it without you!

All inquiries about the Hike can be directed to [abalasevicius@hospicefredericton.ca](mailto:abalasevicius@hospicefredericton.ca)



# HIKE FOR HOSPICE 2025 - HIKE YOUR WAY!

## Registration & Waiver Form

**Please complete, sign, and return via email ([abalasevicius@hospicefredericton.ca](mailto:abalasevicius@hospicefredericton.ca)) OR drop off/mail to Hospice House (621 Churchill Row, Fredericton, NB E3B 1P5) by June 8th.**



Hiker Name: \_\_\_\_\_  
 Address: \_\_\_\_\_ City: \_\_\_\_\_  
 Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_  
 Phone: \_\_\_\_\_ Email: \_\_\_\_\_

**TEAM NAME (if applicable):** \_\_\_\_\_

- Please make cheques payable to Hospice Fredericton.
- Charitable tax receipts will be issued for \$20 and over.
- The team captain is asked to return all forms and donations by June 8th.
- For additional forms and information head to our website <https://hospicefredericton.ca/> OR contact Angela at [abalasevicius@hospicefredericton.ca](mailto:abalasevicius@hospicefredericton.ca) / (506) 206-6755.



**Pledge donations are easy. Just ask your friends, colleagues, neighbours and loved ones. You'll be surprised how quickly the donations add up!**



**Media Agreement:** Your signature provides permission for Hospice Fredericton and its agents to gather and use photos, audio, or video of your participation in Hike for Hospice on our webpage, social media sites or other promotional materials for Hospice Fredericton from time to time. This consent will remain in perpetuity.

**Liability Agreement:** As a Hike for Hospice participant, I agree to indemnify and hold Hospice Fredericton harmless from any and all liability (personal, physical or financial) related to the operation and hosting of the Hike for Hospice fundraising event.

**Name:** \_\_\_\_\_ **X** \_\_\_\_\_ **Age (if under 16) :** \_\_\_\_\_  
Print Name of Participant                      Signature OR signature of legal guardian (if under 16)

**Name:** \_\_\_\_\_  
Print Name of Legal Guardian (if under 16)

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# HIKE FOR HOSPICE 2025 - HIKE YOUR WAY!

## Team Registration Form

Please complete, sign and return via email by June 8th to  
[abalasevicius@hospicefredericton.ca](mailto:abalasevicius@hospicefredericton.ca) or drop off or mail to  
Hospice Fredericton, 621 Churchill Row, Fredericton, NB E3B 1P5



*Please PRINT except where a signature is required.*

Captain Name: \_\_\_\_\_ Team Name: \_\_\_\_\_  
Address: \_\_\_\_\_ City: \_\_\_\_\_  
Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_  
Phone: \_\_\_\_\_ Email: \_\_\_\_\_  
Date: \_\_\_\_\_



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Your signature also verifies that each member of your team has filled out and signed their own Participation Registration & Waiver Form.

**Team Name:** \_\_\_\_\_

**Captain Name:** \_\_\_\_\_

**Captain Signature:** \_\_\_\_\_



# HIKE FOR HOSPICE 2025 - HIKE YOUR WAY!

## Team Registration Form

Captain Name: \_\_\_\_\_ Team Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Date: \_\_\_\_\_



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**Team Name:** \_\_\_\_\_

**Captain Name:** \_\_\_\_\_

**Captain Signature:** \_\_\_\_\_



<b>Donor Name</b>	<b>Mailing Address</b>	<b>Phone Number/ Email</b>	<b>Amount Donated</b>
			\$ <b>Cheque or Cash (circle one)</b>
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