



FRONT



BACK

RED TEES



2-COLOUR + FLASH FRONT PRINT
WHITE, BLACK



1-COLOUR + FLASH BACK PRINT
WHITE

Need your help ... please consider registering in advance this week with your own pledge sheet AND T SHIRT SIZE (see attached) from our volunteer web site www.curediabetesnow.hurontel.on.ca in order to assure you your own TEAM CDN! T shirt and size by pre-registration...and any and all Corporate prizes you MIGHT be able to donate and then email Phil at above email address – copy me .

We need all the help we can get this year for our 9th annual fun,family fitness GODERICH Dash for DIABETES ! and welcome YOUR input and good ideas !

Our GODERICH 5 mile walk, run or jog for diabetes IS a beautiful experience – rain or shine - so please join us in whatever fashion you can.

100% of all monies raised go directly to diabetes research with tax receipts issued by University of Western Ontario - ROBARTS RESEARCH for diabetes for all pledges/donations \$20 and over ! Our TEAM CDN! total for diabetes research is now \$123,492. !!!!!

We encourage you and your friends to create your own TEAM CDN! name.....last year we had teams from Grand Bend, Bayfield, Lucknow, Kincardine and Londesborough as example so this year we are encouraging all to create their own TEAM CDN! name and email us this week your T shirt size along with pledge or donation.

Cheques should be made out to DASH for DIABETES or CURE DIABETES NOW ! and mailed to me ... Frank Gardiner, 30 Keewatin Avenue, Toronto Ontario M4P 1Z8

Thanks !