MOMENTUM
— STRENGTH AND WELLNESS —

Merrickville Momentum:
Holiday Food Drive Run

Rideau Community Health Services
Your Community Health Centre

Join the Merrickville Momentum runners in supporting our local community. Our goal is to bring people together through movement, while collecting essential food items to help support individuals and families in Merrickville.

🎄 **SUNDAY, NOVEMBER 29, 2026**
START TIME: 10:00 AM

STARTING LOCATION:
Rideau Community Health Services (RCHS)
354 Read St, Merrickville, ON K0G 1N0

CHOOSE YOUR DISTANCE
🏃 **5 KM RUN**
🎅 **2 KM RUN / WALK**

REGISTRATION FEE:
5 NON-PERISHABLE CANNED FOOD ITEMS PER PARTICIPANT
Please bring your donations with you on event morning!

100% OF FOOD DONATIONS WILL GO DIRECTLY TO THE RCHS MERRICKVILLE FOOD CUPBOARD!

GET FESTIVE!
Festive attire is encouraged! Break out your Santa hats, Christmas sweaters and holiday colours.

PLEASE PRE-REGISTER
scan the QR code or visit our facebook for the registration link!