



**It's 100 days 'til Calgary walks 100ks.  
Registration is open for Kidney March,  
an incredible, life changing 3 day, 100 km walk happening September, 2015**

Charity Event Announcement

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**What:** Kidney March, a 3 day, 100 km walk, kicks off in 100 days. Meaning it's 100 days 'til you walk 100ks in the fight against kidney disease. The time to register is now.

**Why, kidney disease:** Kidney disease affects 10% of the population. Sometimes hearing 10% doesn't accurately highlight the impact of kidney disease. The impact is that 3.5 million Canadians live with, and die from, this chronic illness. To bring that closer to home - for those with significant loss of kidney function, life is interrupted with specialists' appointments, renal diets, dialysis or transplant treatments, physical and emotional side effects, lost wages, and persistent feelings of being unwell. The Kidney Foundation of Canada provides for kidney disease prevention, lifesaving research and patient support programs.

**Why, organ donation:** Nearly 75% of the over 4,600 Canadians on the wait list for an organ transplant are waiting for a kidney. The Kidney Foundation of Canada builds awareness for organ donation and advocates for processes to optimize organ donation in Canada.

**Beneficiary:** People living with kidney disease and other chronic illnesses requiring transplant via The Kidney Foundation of Canada.

**Date:** 3 Days - September 11-13, 2015

**Route:** 100 kms – from Kananaskis to Calgary

**More information:** [www.kidneymarch.ca](http://www.kidneymarch.ca) or 1.866.9KMARCH

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Kidney March is the only event of its kind in Canada. Participants spend 3 days in the picturesque foothills of K-country and Calgary on an inspirational 100 km journey. Now in its 6th year, this local grassroots movement asks participants to do the most they can do in the fight against kidney disease and the appeal for organ donation. The cause is what brings people to the March, but the experience of the weekend is what keeps bringing people back. For friends, family, medical staff and people living with chronic illness, this March becomes their outlet. Somewhere they can make a difference on par with the level of frustration, anger and despair they feel for the burden of illness. It is also their hope. Not only for early detection and a cure for kidney disease, but also for ground breaking advancements in organ transplantation.

The Kidney Foundation encourages anyone who has a kidney connection or would like to take part in a transformative event to sign up. Let the wave of Kidney March, and all the people who make up this great community, embrace you in making the biggest difference you've ever made. **It's not too late to register.** People can register online at [kidneymarch.ca](http://kidneymarch.ca) or call 1.866.9KMARCH.

For more information, please contact:

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