



IMAGINE HOW FAR YOU CAN GO WHEN
FAILURE IS **NOT** AN OPTION.

OUR LOVED ONES' KIDNEYS FAILED THEM. WE WON'T.

Himaani Malik's determination to walk 100 KM matches her mom's determination to fight CKD. Himaani invited Stephanie Stewart and "I've never looked back," laughs Stephanie. "I've gained so much from Kidney March – amazing friendships, a kindred spirit in Himaani, and a sense of purpose." Shannon Colle marches for her son Sean – diagnosed with kidney disease at 3.



Richard Preston is doing his 8th Kidney March to honour his father-in-law who is on dialysis. "I've been a Kidney March believer since the beginning and plan to keep moving until there is no need for the movement at all. 100 KM is a feat but failure is not an option."

MANY CANADIAN KIDNEYS ARE FAILING. I WON'T.

100 KM
I'M MARCHING FOR
ANYONE SUFFERING
FROM
KIDNEY DISEASE
WE NEED A CURE !!!
KIDNEYS FAIL, WE WON'T

Some of us are

NOTS!!!

 KidneyMarch

Richard
Preston
MARCHER



MY WIFE'S KIDNEYS FAILED HER. I WON'T.

Kidney Marcher
Jeff Nawolsky carries the
memory of his wife Didja
near his heart. Didja was
one of the founding
Kidney Marchers until
she lost her battle with
the disease.

Corliss Larson's mom died from kidney failure when Corliss was only 9. Since then, Corliss, two siblings, her daughter, a grandchild and two nephews have been diagnosed with Polycystic Kidney Disease. In 2007, Corliss received a kidney from her sister who did not inherit PKD. Corliss' team includes Shellie Larson and Debbie Christensen.

MY MOM'S KIDNEYS FAILED HER. WE WON'T.



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This courageous warrior and shining light in our Kidney March family left us suddenly on May 27, 2019 at age 22. Nicole meant so much to so many people. Despite being on dialysis, her more than 100 surgeries, and many health challenges, she was always an enthusiastic and bright young woman, eager to befriend everyone in the true spirit of Kidney March. Kidney March is about doing the most you can possibly do and that was truly Nicole. She was a relentless advocate for the kidney cause. We know her story will continue to be one of inspiration and true strength above adversity.

I AM NOT A HERO BUT I WALK BESIDE ONE. A BRAVE YOUNG WOMAN WHO KNOWS THE MEANING OF PAIN BUT CHOOSES ITS TRANSLATION IN THE LANGUAGE OF HOPE. I AM NOT A HERO BUT I WALK IN HONOUR OF ONE. A MAN WHO HAS ENDURED AN EON OF DISEASE WITH THE GRACE OF THE HEALTHY. I AM NOT A HERO BUT THE GROUND I GAIN ENNOBLES ME; AS HURT IS RESCINDED, AS TORMENT IS REBUFFED, MY HUMANITY DEEPENS. I AM NOT A HERO BUT I WALK FOR THE BODY'S HERO, IN TRIBUTE TO THE STRENGTH I WAS GIVEN AND IN STEP WITH THE SPIRIT I WILL SHARE.

I WILL NOT FAIL.



FAILURE IS **NOT** AN OPTION.

KIDNEY MARCH



TO THE CAUSE

Kidney disease isn't sexy. It's sinister – and stealthy. Chronic kidney disease creeps up on people without them knowing they have it, and by the time they find out, it's often too late. It doesn't really have a T-shirt color...it's not pink or red. It's just a black stain on the fabric of our future: each day an average of 15 Canadians learn that their kidneys have failed. One in ten Canadians has chronic kidney disease and millions more are at risk.



TO A BRAVE GOAL

Our mission is to put a lifesaving cause on the map. Whether it takes one more year or ten, a thousand Marchers or ten thousand. So we've drawn a long line. Kidney March is a three-day, 100 kilometre walk from K-Country all the way to Calgary. What unites us is our desire to make this issue known — which will ultimately make this issue go away.



TO FAILURE

Before you can reject failure, you must understand it. On Kidney March you will make the acquaintance of failure in all its facets – of the kidney, of the spirit, of the human body, of the system that denies so many Canadians adequate care. The knowledge will make you angry and the anger will make you succeed. It may be hard to believe that this journey, so much fun on the surface (even when the going is tough), is fueled by fury. But it is.

3 DAYS • 100KM • K-COUNTRY TO CALGARY • FIRST WEEKEND AFTER LABOUR DAY IN SEPTEMBER

INTRODUCES YOU



TO 100 GORGEOUS KILOMETRES

Failure may not be an option on Kidney March but a little bird-watching is. Not to mention song-singing, story-telling, hand-holding, sight-seeing, breath-catching, weight-losing, cheer-leading, picture-taking — well, you get the idea. The positive news is, you don't have to be an athlete; most participants aren't. Sure, a younger, more tireless version of yourself may surprise you from time to time, but once you get to know her, you'll find out she has her challenges, too. Plus, good company and good scenery and the good training you've done have a way of making any tough stretch of road go by painlessly.



100 KILOMETRES TO WILL NOT FAIL, WE WILL PREVAIL TO FUNDRAISING

Our top priority is also the bottom line: to raise funds to improve the quality of life for Canadians who have been felled (at least temporarily) or are threatened by kidney-debilitating illnesses. When you commit not to fail a loved one, friend, or the cause itself, you pledge yourself to more than a dramatic gesture. A blister or knee brace endured in the line of duty may endear you to your sweetheart back home, but at the end of each sweaty day, the \$2,200 or more you raise is what really counts. Reticent to "do the ask"? Don't be. The sheer degree of your endeavor's difficulty (coupled with the importance of the cause) will inspire your donors to part with their cash more happily than a hoodie on a summer day.



TO A COMMUNITY OF CARING

When you say "I will not fail," it's like using a secret password to the Kidney March club. Because once you register, you will discover a wellspring of support, compassion and encouragement: from your fellow marchers, crew and volunteers, and our Kidney March team. We will not fail you, that's for sure. Not with a team of experienced fundraisers and training leaders at your beck and a call on the long road to September. Not with a troop of dedicated volunteers on the route itself, staffing rest stops, a lunch stop, and every kilometre in-between. And not with the caring community that will form around you, born of your passion for the cause.



**INCREDIBLE
CAMPING
EXPERIENCE.**



**HOT SHOWERS &
CAMP AMENITIES.**



**FOOD & FUN WITH
FULL ROUTE
SUPPORT.**

**A PREMIUM EXPERIENCE:
EVERY OPTION IS STANDARD...
EXCEPT FOR ONE.**



Register today and get this great Kidney March shirt

Clean, fragrant mountain air	✓
Having people cheer you when you just walk across the street	✓
Hot dinners and breakfasts	✓
Safety Crew, every millimeter of the route	✓
Medical care, on route	✓
Medical care, in camp	✓
Hot showers	✓
Doing something huge for an important cause	✓
The great outdoors	✓
Offering a gift to someone you love	✓
Kindness, as you never imagined it	✓
Stirring Opening Ceremony	✓
Emotional Closing Ceremony	✓
A fail-safe journey (we've got your back!)	✓
Camp fun	✓
Volunteer massage	✓
The Kidney Express (support vehicles, if you get tired)	✓
Event T-shirt & finisher's shirt	✓
Failure	*

* not an option

**REGISTER
TODAY!**

www.KidneyMarch.ca

1 (866) 9 KMARCH

1 (866) 956-2724

or send in the enclosed registration form.

As soon as you register, you will receive everything you need to start fundraising and training right away.



KidneyMarch

Dr. Dan Muruve, a kidney specialist and professor at the University of Calgary, is also Medical Director of Alberta Health Services' Southern Alberta Renal Program and Canada Research Chair in Personalized Medicine, Inflammation and Kidney Disease. At Kidney March, he gets weary Marchers up and dancing by tearing up the stage at Kidney-O-Kee.

AN UNFORGETTABLE JOURNEY.



FAILURE IS **NOT** AN OPTION.

**I MAY NOT KNOW ANYONE WHOSE
KIDNEYS ARE FAILING THEM.**
EITHER WAY, I WANT THEM
TO KNOW THAT... **I WON'T.**

100KM



3 DAYS • 100KM • K-COUNTRY TO CALGARY • FIRST WEEKEND AFTER LABOUR DAY IN SEPTEMBER

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Kidney Foundation



The Kidney Foundation of Canada is people working together for a common cause.

We are volunteers, individuals living with kidney disease, donors, and staff members — from all walks of life, all across Canada. Since its creation in 1964, The Kidney Foundation has helped millions of Canadians suffering from kidney failure and related disorders such as hypertension, diabetes, urinary tract infections and kidney stones.

The Kidney Foundation of Canada is committed to reducing the burden of kidney disease through:

- Funding and stimulating innovative research
- Providing education and support
- Promoting access to quality healthcare
- Increasing public awareness and commitment to advancing kidney health and organ donation

Charitable
registration
No. 10756 7398 RR001



KidneyMarch

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