

Saturday, October 5th 2019

WALK FOR LIFE & 5K RUN



CROSSROADS
PREGNANCY CARE



WALK FOR LIFE & 5K RUN

SATURDAY, OCTOBER 5, 2019

Univest Performance Center

The Park @ 4th

10:00 AM to ~ 1:00 PM

(Registration opens: 9:00 AM)

REGISTER at: www.crossroadspregnancy.care

OR CALL: (215) 538-7003 x206

Early Registration: \$20; Late Registration: \$22;

Day of Registration: \$25

Includes T-shirt! (Adult & Youth sizes available)

The funds generated from the Walk for Life & 5K Run help provide the FREE resources that we offer at Crossroads, bringing hope, help, and healing to hundreds of women, men, and children in our communities.

INFORMATION FOR FUNDRAISERS

(For more information on the event and fundraising, please check out our website: www.crossroadspregnancy.care/walk.)

For those not running the 5K, our Walk for Life is an easy 1.5 mile fun walk on flat sidewalks or trails. Any age, any speed is welcome! Walk, push a stroller, or stroll along side your dog. The Walk for Life is both exercise and fun for the whole family!

How do I get sponsors?

- During the online registration process, a Fundeasy web page will be created for you. Using Fundeasy, you can e-mail everyone you know and also spread the word about your fundraising efforts on social media.
- The best way to get sponsors is to simply ask or e-mail everyone you know... family, friends, neighbors, co-workers, people at your gym, your clubs, and even people you know out of town! When you ask "Will you sponsor me as I Walk for Life?" 9 out of 10 people will say "yes".
- **How to raise \$500 in 10 Days**
 - Sponsor yourself for \$25
 - Ask two family members to sponsor you for \$25
 - Ask five friends to sponsor you for \$20
 - Ask five people from your church to sponsor you for \$10
 - Ask five neighbors to sponsor you for \$10
 - Ask two other family members to sponsor you for \$25
 - Ask your boss or company to sponsor you for \$20 or see if your company match the amount you raise.
 - Ask five local merchants to sponsor you for \$20
 - Ask two businesses you frequent to sponsor you for \$25
 - You've done it! Great job! Ask a friend to join you in the Walk!

A pledge form is included on the back of this sheet. Record your pledges here, and be sure to bring any collected funds with you on Walk day. More pledge sheets can be downloaded at: www.crossroadspregnancy.care/walk.



CROSSROADS
PREGNANCY CARE

WALKER'S NAME		TEAM NAME (If applicable)	
ADDRESS		CITY	ZIP
EMAIL		PHONE	

PLEASE REGISTER FIRST AT WWW.CROSSROADSPREGNANCY.CARE. DONORS CAN DONATE ONLINE AT WWW.CROSSROADSPREGNANCY.CARE

Donor #	Donor Name	Email	Address	Amount	Cash	Check/ Check No.	Online	Collected
Example	Sue Donor	suedonor@email.com	111 Main St, Quakertown, 18951	\$50.00	X			X
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
11								
12								
13								
14								
15								

	Total Cash	Total Checks	Total Online	TOTAL DONATED
TOTALS (p. ____)				

* Please collect all donations prior to the Walk

** Prize eligibility is based on donations collected prior to the Walk

Questions? Please contact Nancy Tribley: nancy@crossroadspregnancy.care

Phone: (215) 538-7003 x206