

Event Details

Location:	Park at 4th (By new Amphitheater) Univest Performance Center Quakertown, PA 18951
More info:	www.crossroadspregnancy.care/walk5K RUN/5K WALK
Start Time:	5K Run: 9:15 am; 5K Walk: 11:15 am Run reg. opens: 8:30 am; Walk: 10:30 am
Registration:	www.crossroadspregnancy.care Or mail in the entry form attached.
Rain or Shine:	Check our Facebook Page or Website for updates
Early Bird Registration: thru Aug. 29	\$30 per adult runner/walker \$20 per child run/walk (aged 12 & under) Includes Dri-Fit T-shirt
Late Registration: Aug. 30—Oct. 2	\$35 per adult runner/walker \$25 per child run/walk (aged 12 & under) Dri-Fit T-shirt guaranteed through 9/20
Day of Registration:	\$40 per adult runner/walker \$30 per child run/walk (aged 12 & under)
Packet Pick up (Recommended)	Packet pick up and Day-of priced registration available Friday, Oct. 2 2—8 pm at Crossroads Pregnancy Care
Trophies awarded to:	1st place Male & Female Finishers overall
Awards given to:	3 Top Male and 3 Top Female in various age categories: 12 & Under, 13-18, 19-29, 30-39, 40-49, 50-59, 60+
FUN RUN (.5 mi) 2 Time slots: 10:30 am or 12:45 pm	Children 10 & Under Cost: \$10 (<i>Register online or day of</i>) Participation Awards given
WALK (1 mi) <i>Register online or call (215) 538-7003 x206</i>	
Start Time:	Walk: 11:15 am; Registration. 10:30 am
Early Registration: Thru Aug. 29	\$15 (all ages—includes Dri-Fit T-shirt)
Late Registration: Aug. 30—Oct. 2	\$17(all ages—includes Dri-Fit T-shirt if registered by 9/20)
Day-of Registration:	\$20 (all ages)
Register Online	www.crossroadspregnancy.care/walk

INFORMATION FOR FUNDRAISERS

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

For those not running or walking the 5K, our 1-mile stroll is an easy 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/Run day. More pledge sheets can be downloaded at: www.crossroadspregnancy.care.

THANK YOU and GOOD LUCK!

Saturday, October, 3 2020



WALK FOR LIFE & 5K RUN



WALK FOR LIFE & 5K RUN

SATURDAY, OCTOBER 3, 2020

Univest Performance Center

The Park @ 4th

9:00 AM to ~ 12:30 PM

FUN FOR EVERYONE!

Live Praise Band
FUN RUN for Kids w/ Participation Awards
Water & Refreshments
Prizes for Most Funds Raised
#Crossroads5K_Walk20

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.



WALKER'S NAME		FAMILY 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/Run

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

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

Phone: (215) 538-7003 x206

Registration:

www.crossroadspregnancy.care/walk

(If you are unable to register online, please complete and detach this form, enclosed with your check made payable to Crossroads Pregnancy Care.)

Mail to: Crossroads Pregnancy Care
256 Trumbauersville Rd
Quakertown, PA 18951

CHECK ONE:
☐ 1-MILE WALK
☐ 5K RUN/WALK

LAST NAME: _____

FIRST NAME: _____

ADDRESS: _____

CITY: _____

STATE: _____ ZIP: _____

PHONE: _____

EMAIL: _____

AGE ON EVENT DAY _____ DOB _____

GENDER: ☐ MALE ☐ FEMALE

T-SHIRT SIZE: S M L XL XXL (Adult)
(Circle) S M L XL (Child)
☐ No T-shirt

WAIVER (Must be signed by all participants)

In consideration of the acceptance of the entry, I hereby waive/release any and all rights or claims for damage or injuries against the spectators, officers, and staff of Crossroads Pregnancy Care of Quakertown, PA; race officials; the municipalities through which the “Run/Walk” takes place; as well as any other person connected with the “Run/Walk”, their heirs, executors, administrators, successors, and families, or for any and all injuries which I may suffer while taking part in the “Run/Walk” or as a result thereof; and agree to be bound by the rules of the sanctioning organizations, the USA Track & Field Assoc., Inc. I also approve the use of my picture and/or pictures taken before, during or after the event for promotional use by Crossroads.

SIGNATURE: (By Parent or Guardian if under 18)
