

WALK FOR LIFE

We appreciate you and your participation. Your walk means more than just good exercise, or a contribution to a good cause.

By your actions, lives are saved and hope is extended to those facing an unplanned pregnancy.

We want this to be fun for you, your friends, and your family. Between 10:30 AM and 1:30 PM, there will be food, music and much more. Come on out for fun, food, friendship and the satisfaction that comes from helping those in need!

Instructions

1. Tell your friends about the **Walk for Life** and ask them to sponsor you. If you need more forms, contact your church liaison or call 424-2624.
2. Bring your **white pledge sheets only** to the Walk for Life Registration Desk.
3. Registration opens at 9:00 am and the official Walk for Life "step-off" is at **10:00 am. Registration closes at 9:45 am.**
4. If you are not walking (i.e., you're on a bike, rollerblades, or driving a golf cart) you will need to complete your selected route **twice** to equal the effort that walkers expend. The Walk takes about an hour at a comfortable pace.
5. Collect the pledge amounts from your sponsors. Return all monies with the **yellow pledge sheets before Friday, June 26th.**

Suggestions

- Bring a water bottle
 - Bring \$20.00 to purchase a T-shirt (FREE to those who have pledges totaling \$200 or more on the day of the Walk)
 - Bring a lawn chair and sun block (or rainwear depending on the weather)
- If you can't come on the day of the Walk, walk at a time convenient to you and collect your pledges! If you work the Walk, get pledges for working the day.**

*Our ongoing goal is to raise \$100,000
Bring your family & friends, and let's
see if this is the year with our largest
turnout of Walkers ever!
Thanks for your part!*