

WALK DAY SCHEDULE

8:30 a.m.

Registration & Check-in
Bagels, granola bars, fruit, coffee

9:15 a.m.

5k Fun Run Begins (self timed)

10:00 a.m.

Welcome & Announcements
Walk Begins (one lap around the lake)

11:00 a.m.

Kid's Races (.25 mile or 1 mile)

Post-Walk

First Light Puppet Show
Lunch
Kid's Activities

STAY FOR LUNCH!

\$5 FAMOUS DAVE'S BBQ

Enjoy some of the best BBQ in town for just \$5/plate! Lunch will be served at 11:00 a.m.

You must prepay for lunch.

Pay online during registration or mail a check payable to:
New Life Family Services
1515 East 66th Street
Richfield, MN 55423



CREATE A FUNDRAISING WEB PAGE

After registering for the Walk & Run for Life, check your confirmation email for a link to your personal online fundraising web page. This page will be your biggest fundraising tool! Customize your web page by uploading a photo of yourself or your team, add a personalized message, and set your fundraising goal. Aim to raise at least \$200 to earn your free Walk t-shirt!

Once your fundraising page is complete, share your page with as many people as possible through email and watch the donations pour in. Online sponsors have the option to pay immediately via credit card, mail in their donation, or choose to be billed following the Walk & Run for Life (New Life will bill for you).

Don't worry - it's easy and takes just a few minutes to set up.



CONNECT WITH US:



#NLFSWalkRun



facebook.com/NLFSWalkRun



New Life Family Services

newlife
family services

1515 East 66th Street
Richfield, MN 55423
www.nlfs.org

THANK YOU TO OUR SPONSORS:



**TWO MILES. TWO HOURS.
HUNDREDS OF LIVES SAVED.**



**LAKE NOKOMIS, MINNEAPOLIS
SATURDAY, JUNE 21**

8:30 a.m. Registration
9:15 a.m. 5k Fun Run
10:00 a.m. Walk
11:00 a.m. Kid's Race & Lunch

GET STARTED: nlfs.org

newlife
family services

WALK. RUN.

SAVE LIVES!

Join hundreds of walkers and runners as we make a difference for life! Your participation supports FREE life-affirming programs that impact thousands of women, men, and children in the Twin Cities and Rochester communities each year.

IT'S EASY. IT'S MEANINGFUL. IT'S FUN!



GET STARTED TODAY

- REGISTER**
Register online at www.nlfs.org or by phone (612) 866-7643. Invite others to join you!
- RAISE SUPPORT**
Ask family and friends to support you with a tax-deductible gift. Use your personal online fundraising page (provided to you upon registration) to make fundraising easy.
- WALK OR RUN!**
Bring any collected pledges to the event along with your family and friends. Walk or run knowing your participation is making a significant difference in the lives of many!

WHY WALK FOR LIFE?

- CREATE COMMUNITY**
Walking with others creates community awareness of life issues and the work of New Life Family Services.
- ACT ON YOUR VALUES**
The Walk & Run for Life is an opportunity for people of all ages to participate in a positive, non-political, pro-life activity.
- SAVE LIVES!**
The funds raised through the Walk & Run help keep our doors open and ensure we can continue to provide life-saving pregnancy related services to thousands of women, men, and children in our communities.

HOW FAR DO I HAVE TO WALK?

Choose either the 5k Fun Run (self timed) or Walk one lap around Lake Nokomis, approximately 2.5 miles. Strollers and dogs are welcome!

DONATIONS SAVE LIVES!

- \$30**
One pregnancy test and counseling session.
- \$75**
One life-saving ultrasound and counseling session.
- \$127**
Comprehensive STI testing and treatment for one client.
- \$385**
Full care for one client throughout her pregnancy.

FUNDRAISING REWARDS

Prizes are awarded to individuals who collect pledges at the following levels:

RAISE \$200		RAISE \$500	
	Walk for Life T-shirt		Camelbak® bottle
RAISE \$2000		RAISE \$5000	
	Fitbit Flex Activity Wristband		iPad Mini (16 GB)

Fitbit and iPad devices are given away on behalf of New Life Family Services. Fitbit and Apple are not sponsors of this event.

FUN FOR KIDS!



- KID'S RACE**
Encourage your child to run for life! Choose between a 0.25 or 1 mile distance. All children receive medals for finishing.
- ACTIVITIES & FUN**
Following the Walk, enjoy face painting, crafts, snow cones, the playground, puppet shows and more!

PLEDGE FORM



My personal goal is: \$

Name: _____

Phone or Email: _____

Full Name _____
 Address _____
 City _____ Zip _____
 Bill Me Paid Check Paid Cash \$ _____

Full Name _____
 Address _____
 City _____ Zip _____
 Bill Me Paid Check Paid Cash \$ _____

Full Name _____
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 City _____ Zip _____
 Bill Me Paid Check Paid Cash \$ _____

Full Name _____
 Address _____
 City _____ Zip _____
 Bill Me Paid Check Paid Cash \$ _____

Full Name _____
 Address _____
 City _____ Zip _____
 Bill Me Paid Check Paid Cash \$ _____

Full Name _____
 Address _____
 City _____ Zip _____
 Bill Me Paid Check Paid Cash \$ _____

TOTAL COLLECTED: \$ _____

Make all checks payable to New Life Family Services.

Find additional pledge forms at www.nlfs.org.

All contributions are tax-deductible.

New Life Family Services is a 501(c)(3) non-profit ministry.

Thank you for your support!

