

## WALK DAY SCHEDULE

### 9:00 a.m.

Registration & Check-in  
Bagels, granola bars, fruit, coffee  
Kid's Activities - face painting, balloons  
animals, music, and more!

### 9:30 a.m.

Kid's Races (.25 or 1 mile)

### 10:00 a.m.

Walk & Run

### Post-Walk

Lunch  
Kid's Activities

## STAY FOR LUNCH! \$5 ROSCOE'S BBQ

Enjoy Roscoe's BBQ for \$5/person! 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 \$100 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



\_newlifefamilyservices\_

**newlife**  
family services

1515 East 66th Street, Richfield, MN 55423

## THANK YOU TO OUR SPONSORS:



JUNE 10, 2017

# WALK & RUN FOR LIFE

LAKE NOKOMIS

**SOLDIERS FIELD, ROCHESTER**  
SATURDAY, JUNE 3RD

9:00 a.m. Registration  
9:30 a.m. Kid's Races  
10:00 a.m. Walk & Run  
11:00 a.m. Lunch & Kid's Activities

**GET STARTED:** [nlfs.org](http://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 Rochester community each year.

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



## DONATIONS SAVE LIVES!

**\$35**

One pregnancy test and counseling session.

**\$95**

Comprehensive STI testing and treatment for one client.

**\$120**

One life-saving ultrasound and counseling session.

**\$450**

Full care for one client throughout her pregnancy.

## WHY WALK FOR LIFE?

### 1. CREATE COMMUNITY

Walking with others creates community awareness of life issues and the work of New Life Family Services.

### 2. 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.

### 3. 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?

One lap around Soldiers Field is approximately 2 miles. Strollers and dogs are welcome! All Walk & Run activities will begin near the North Shelter.

The Walk & Run will begin at the same time. Runners will lead the way with walkers following behind.

## FUN ACTIVITIES 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 & Run, enjoy face painting, crafts, the playground, Roscoe's BBQ and more!



## FUNDRAISING REWARDS

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



GoPro devices are given away on behalf of New Life Family Services. GoPro is not a sponsor of this event.

## GET STARTED TODAY

### 1. REGISTER

Register online at [www.nlfs.org](http://www.nlfs.org) or by phone (507) 282-1932. Invite others to join you!

### 2. 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.

### 3. 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!

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 \_\_\_\_\_

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 \$

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](http://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!

