

WALK DAY SCHEDULE

9:00 a.m.

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

9:30 a.m.

Kid's Races (.25 or 1 mile)

9:45 a.m.

Walk & Fun Run

Post-Walk

First Light Puppet Show
Lunch
Kid's Activities

STAY FOR LUNCH!

\$5 CHICK-FIL-A MEAL

Enjoy a Chick-fil-A chicken sandwich meal or salad 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:



LAKE NOKOMIS, MINNEAPOLIS SATURDAY, JUNE 10

9:00 a.m. Registration
9:30 a.m. Kid's Race
9:45 a.m. Walk & Run
11:00 a.m. Lunch & First Light Puppet Show

GET STARTED: nlfs.org



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!



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 Lake Nokomis, approximately 2.5 miles. Strollers and dogs are welcome! All Walk & Run activities will begin at the beach house at 5001 Lake Nokomis Pkwy W.

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



FUNDRAISING REWARDS

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



Walk & Run for Life T-shirt



New Life Drawstring Bag



GoPro HERO Session Bundle with Floating Hand Grip

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 or by phone (612) 746-5662. 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 Service

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!

