

## WALK DAY SCHEDULE

**9:00 a.m.**

Registration & Check-in  
Coffee and bagels

Kid's Activities: Face painting, balloon animals, music, and more!

**10:00 a.m.**

5k Fun Run Begins (self timed)

**10:05 a.m.**

Walk Begins (one lap around the lake)

**Post-Walk**

Lunch  
Kid's Activities

**All Walk & Run activities begin at the West Shelter at Silver Lake.**

### 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  
902 North Broadway  
Rochester, MN 55906



## 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 social media 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:



**walk**  
+Run FOR LIFE

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



**SILVER LAKE, ROCHESTER**  
SATURDAY, JUNE 28

9:00 a.m. Registration  
10:00 a.m. 5k Fun Run  
10:05 a.m. Walk  
11:00 a.m. Famous Dave's

NEW  
THIS YEAR:  
**5K RUN**  
& 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 hundreds of women, men, and children in the Rochester community each year.

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



### 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?

Choose either the 5k Fun Run (self timed) or Walk one lap around Silver Lake, approximately 1.8 miles. Strollers and dogs are welcome! Both the 5K Fun Run and Walk will begin at the West Shelter.

### 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**



Walk for Life T-shirt

**RAISE \$500**



Camelbak® bottle

**RAISE \$2000**



Fitbit Flex Activity Wristband

**RAISE \$5000**



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.

### 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 \_\_\_\_\_

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!



### GET STARTED TODAY

#### 1. REGISTER

Register online at [www.nlfs.org](http://www.nlfs.org) or by phone (507) 282-3377. 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!

### FUN FOR ALL AGES!

#### KID'S ACTIVITIES

Before and after the Walk, stick around and enjoy face painting, games, balloons, and more!

#### NEW THIS YEAR!

For just \$5/plate you can enjoy some of the best BBQ in town. Pay in advance only.

