

newlife
family services

JUNE 9, 2018

WALK & RUN FOR LIFE

LAKE NOKOMIS

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5001 W LAKE NOKOMIS PKWY
MINNEAPOLIS, MN 55417

SATURDAY

JUNE 9, 2018
AT 9:00 A.M.

REGISTER AT
WWW.NLFS.ORG





WALK. RUN. SAVE LIVES.

Join hundreds of walkers and runners as we make a difference for life! This year we are hosting a Superhero Walk and Run. YOU are a hero. Because of your participation and generosity, we are able to serve thousands of women, men, and children in the Twin Cities and Rochester communities each year.

GET STARTED TODAY!

1. SIGN UP

Register individually or as a group online at www.nlfs.org. Groups must consist of 5 or more. After registering, check your confirmation email for a link to your personal online fundraising page. This page will be your biggest tool. Customize your web page and set a fundraising goal.

2. RAISE SUPPORT

Share your fundraising page with as many people as possible through email or on social media and watch the donations pour in! Aim to raise \$100 for your free Walk T-Shirt!

3. WALK OR RUN!

Bring any collected pledges to the event along with your family and friends. Your participation makes a significant difference!

FUN ACTIVITIES

KIDS CAN DECORATE
A MASK AND
RUN WITH A
CAPE PROVIDED

ADULT AND KID SUPERHERO COSTUME
CONTEST PLUS A PHOTO
OPP WITH YOUR
FAVORITE SUPERHERO

ENJOY LOCAL
FOOD TRUCKS
FOR LUNCH



#NLFSWalkRun
www.nlfs.org

