



Spring 2015

We invite you to be part of the **2015 5th Annual 5K RUN-WALK-&-ROLL for Spinal Cord Injury Recovery!**

Walk it Off Spinal Cord Wellness Centre Inc. (WALK IT OFF) is a non-profit organization (Ontario, 801853664), located in Newmarket, Ontario, Canada. We provide exercise-based recovery, education and support to those living with a Spinal Cord Injury (SCI) throughout the GTA and beyond. Our aim is to improve quality of life and increase independence by maximizing recovery for members who have sustained a SCI.

WALK IT OFF is holding its **5th Annual 5K RUN-WALK-&-ROLL for Spinal Cord Injury Recovery**. This is a chip-timed event and will take place at Fairy Lake Park on Saturday, May 30, 2015 at 9:00am. Our participant demographic will range from serious athletes to families and their leashed pets. We are proud to ensure the course is accessible for wheelchair participants. We are anticipating in excess of 400 spectators and participants- running, walking or rolling! After the race, there will be a pancake breakfast and entertainment for the kids.

WALK IT OFF must accommodate the ever-growing need for our services. We continue our efforts to raise the funds to support expansion, including a larger location and the additional equipment needed for this expansion.

Since our sponsors are important to us, the pre-race registration package will include literature containing sponsor information. At the event, sponsor signage will be posted and sponsors will be announced pre-race and during the awards presentation at our pancake breakfast.

We look forward to giving out some amazing prizes. Our Silent Auction is the perfect place to market your name, products and service.

We would like to offer you the opportunity to support Walk It Off by sponsoring our event by way of a monetary gift (see attached), adding to our race kit and/or providing silent auction prizes to help make this year's 5K Run-Walk-&-Roll a success.

Sincerely,

Heather Cairns-Mills

Founder/President

(289) 340-0072

heather@walkitoffrecovery.org



5th ANNUAL


RUN-WALK-&-ROLL

For Spinal Cord Injury Recovery

GET MOVING TO HELP OTHERS - GET MOVING!

WALK IT OFF Spinal Cord Wellness Centre Inc is a Not-For-Profit (Ontario, 801853664 RC0001) organization that provides exercise-based recovery, education and support to those living with spinal cord injuries (SCI) and neurological dysfunction. We aim to improve quality of life and increase independence by maximizing recovery through a unique whole body approach.

For more information email info@walkitoffrecovery.org

- All welcome, leashed pets too!
- This is a **CHIP-TIMED** event
- Collect Pledges
- 50/50 Draw and Silent Auction
- Pancake Brunch (sug. \$2 donation)
- Accessible event 
- Course not suitable for race chairs
- Sorry no bicycles/skates/boards

When: Saturday, May 30, 2015

Where: FAIRY LAKE PARK ,Newmarket, ON

Entry: *early reg.*
\$30/person
\$10/child (13 years old and under)
after Apr. 30
\$35/person

(Free admission for pledge collection of over \$200 towards Walk It Off, pledge collection not required for entry)

Same Day Registration: 8:30 am
(\$40/adult where space available)

5K Run-Walk-&-Roll Start: 10:00 am

Register on-line @ raceroster.com

(raceroster.com/events/2015/4750/walk-it-off-5km-run-walk-and-roll)



5TH ANNUAL

RUN-WALK-&-ROL

For Spinal Cord Injury Recovery



JOIN US


SATURDAY, MAY 30, 2015

FAIRY LAKE PARK

BE PART OF SPINAL CORD INJURY RECOVERY!



Opportunities for
SPONSORSHIP

- Enter a team
- Collect Pledges
- All welcome, leashed pets too!
- This is a CHIP-TIMED event
- Silent Auction
- Pancake Brunch
- Accessible event 



Your
Logo
Here

Your
Logo
Here





5TH ANNUAL

5K RUN-WALK-&-ROLL

For Spinal Cord Injury Recovery



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Sponsorship Commitment Form

Saturday, May 30, 2015, Fairy Lake Park

Please complete this form and return by Email or Mail by April 30

Yes, I would like to be a Sponsor of the Run-Walk-&-Roll for Spinal Cord Injury Recovery

- | | |
|---|--|
| <input type="checkbox"/> Gold Sponsor \$1,500
<i>(Medal Sponsor-Name on medal lanyard and Banner at Start/ Finish line)</i> | <input type="checkbox"/> KM Marker Sponsor \$250
<i>(Lawn sign at km marker of choice FCFS)</i> |
| <input type="checkbox"/> Silver Sponsor \$500
<i>(Pancake Breakfast Sponsor-Banner at Start/Finish line)</i> | <input type="checkbox"/> Route Sponsor \$100
<i>(8 1/2 x 11 lawn sign along route)</i> |
| <input type="checkbox"/> Bronze Sponsor \$300
<i>(Banner at Start/Finish line)</i> | <input type="checkbox"/> Silent Auction Donation
<i>(Name displayed at Silent Auction Table)</i> |
- SOLD Enbridge Gas*

I am unable to attend, please accept my donation in the amount of \$_____

Name _____

Company Name _____

Address _____

City _____ Prov. _____ PC _____

Phone (____) _____ Email _____

Payment Type:

- | | |
|---|--|
| <input type="checkbox"/> Cheque
<i>(Payable to "Walk It Off Spinal Cord")</i> | <input type="checkbox"/> Paypal or On-line Bank Transfer
<i>("send funds" to info@walkitoffrecovery.org)</i> |
|---|--|

Completed forms can be emailed to info@walkitoffrecovery.org
or Mailed-Walk It Off, 2-1235 Journey's End Circle, Newmarket, ON, L3Y 8T7

For further information, please contact Heather or Julia by email or at 289-340-0072

GET MOVING TO HELP OTHERS - GET MOVING!