

## To Register

In addition to the walk and run, there are other activities planned such as: food, entertainment, guest speakers, and a raffle.

The registration fee is \$25 which provides:

- Confirmation of your registration in the 1K/5K Walk & Run
- An event T-shirt
- Food & Refreshments
- Entertainment

### Registration Options:

1. You can register on line by going to the Running Room Website at: <http://bit.ly/2tkBKR7>
2. Printing off the Registration Form, on our web site at: [nlstutterwalkrun.com](http://nlstutterwalkrun.com)
3. Completing and either emailing Registration Form to [gregog@rogers.com](mailto:gregog@rogers.com) or mailing to:  
Greg O'Grady  
40 Lasalle Drive  
Mount Pearl, NL A1N 0B2
4. You can also register at the Registration Table on Walk & Run day at the Bowring Park, Saint John's NL between 8:30 am - 9:30 am

### Become a Sponsor

Show your support at the corporate level - we want to hear from you!

- Gold Level - \$1000
- Silver Level - \$500
- Bronze Level - \$250

## Pledge Form if you do not wish to fundraise online

**Fundraiser's Name:** \_\_\_\_\_ **Address:** \_\_\_\_\_

**Phone number:** \_\_\_\_\_ **Email:** \_\_\_\_\_

Thank you for participating on Walk & Run Day by helping to raise money by obtaining pledges, either individually and or as a team. You can make it a fun day by also inviting your family, friends, colleagues and neighbors to participate

Please PRINT the name and address of each supporter clearly.

Donor's Name	Email	Address	City	Postal	Phone	Gift	Paid
						<b>Total Donations</b>	

Please return this form with your funds collected to the 1st 'a million things I need to say' 1K/5K Walk & Run in support of NLASLPA Registration Table on Walk & Run Day September 30, 2018.