



Run or Walk for Share the Warmth on April 27 and 28, 2019!

Have you ever wanted to challenge yourself? To see how far you could go when you set your mind to it? Consider joining Share the Warmth's *Équipe Espoir* for the Scotiabank Charity Challenge in 2019 and meet like-minded participants who are all walking or running for a great cause. Together, we will support Share the Warmth's youth programs, helping youth complete their studies and countering the high drop-out rate in the area with tutoring, bursaries, music, and cooking. Registrations are now open for the run at <http://canadarunningseries.com/scotiabank-montreal/register/>.

This year our goal is to raise \$30,000 to support our youth programs, and we need your help to reach our goal. We need runners, walkers and leaders who will raise the bar and invite more people to join the run.

Last year the run sold out early, so please follow the steps below TODAY to register for the 2019 run. This year the run will take place on **Saturday, April 27 and Sunday, April 28 at Parc Jean Drapeau**. You have the option of walking or running the 5 km (with or without a stroller), or running the 21 km half marathon or the 10 km. A kids 1 k run is also available. Sign up now for the 2019 edition of the run!

It's easy! First, REGISTER and then ASK YOUR FAMILY AND FRIENDS TO SPONSOR YOU!

TO REGISTER:

OPTION 1 - We can complete your registration for you. Simply fill in the attached form and return it to Katina@sharethewarmth.ca. Once complete, we will send you all the information you'll need for race day.

OPTION 2 - Register for the run at:
<http://canadarunningseries.com/scotiabank-montreal/register/>
Make sure to enter one of the following Charity PIN Codes:

- For the 21 km: **19ESPOIR21k** - \$65
 - For the 10 km: **19ESPOIR10k** - \$45
 - For the 5 km (run or walk): **19ESPOIR5k** - \$35
 - For the 5 km with stroller: **19ESPOIR5p** - \$45
 - For the 1 km kids run: **19ESPOIRenf** - \$25
- You will also need to select **Partageons l'espoir/Share the Warmth** from the drop-down list in the Team Selection Area.



- You are now registered for the run. However, you still need to encourage people to give. You will be prompted to build your fundraising page by following the link on the screen. Please be sure to take note of your Race Registration Confirmation Number as you will need it for the next step.

GET YOUR COLLEAGUES, FRIENDS AND FAMILY MEMBERS TO SPONSOR YOU

Once you have registered and your payment is complete you will be prompted to set up your individual fundraising page. We hope you will add a photo and invite your friends and family through your social networks to sponsor you and support Share the Warmth's Youth Programs.

- The name of our team is *Équipe Espoir*. Click on the "Join this team" option and complete the information to set up your fundraising page.
- On the site you will be able to set up your profile, set objectives, send emails to potential donors and track your fundraising progress.

If you are experiencing any difficulties registering or setting up a fundraising page, please contact Katina at Share the Warmth and I will be glad to help you out. I can be reached at 514-933-5599 (ext. 222) or katina@sharethewarmth.ca

Thank you for your support,

Katina Vanasse
Administration & Special Events



MANUAL REGISTRATION

Select race:

<input type="checkbox"/>	21K	Sunday, April 28, 2019	9:00 am	Cost: \$65
<input type="checkbox"/>	10K	Saturday, April 27, 2019	11:00 am	Cost: \$45
<input type="checkbox"/>	5K	Saturday, April 27, 2019	9:00 am	Cost: \$35
<input type="checkbox"/>	5K w/ stroller	Saturday, April 27, 2019	9:00 am	Cost: \$45
<input type="checkbox"/>	Kids race	Saturday, April 27, 2019	12:45 am	Cost: \$25

Email : _____

Password : _____

First Name : _____ Last Name : _____

Date of Birth : MM/DD/YYYY _____ Sex : _____

Phone Number : _____

Address : _____

City / Province : _____ Postal Code : _____

Please select Corral time :

	21K	10K	5K
Red	<input type="checkbox"/> < 1:40 min	<input type="checkbox"/> < 50 min	<input type="checkbox"/> < 29 min
Yellow	<input type="checkbox"/> 1:41 - 1:54 min	<input type="checkbox"/> 51-59 min	<input type="checkbox"/> 30-34 min
Blue	<input type="checkbox"/> 1:55 – 2:00 min	<input type="checkbox"/> 1:00-1:09 min	<input type="checkbox"/> 35-45 min
Green	<input type="checkbox"/> 2:01 + min	<input type="checkbox"/> 1:10+ min	<input type="checkbox"/> 46 + min

Emergency Contact Number : _____



Any know health problems ? _____

Will you be participating wheelchair aide? _____

Would you like to receive this event's newsletter? _____

How did you heard about this event:

<input type="checkbox"/> Newspaper	<input type="checkbox"/> <input type="checkbox"/> Twitter	<input type="checkbox"/> Race website	<input type="checkbox"/> Email Communication
<input type="checkbox"/> Race Expo	<input type="checkbox"/> Instagram	<input type="checkbox"/> Friends & Family	<input type="checkbox"/> Other
<input type="checkbox"/> Insert in race kit	<input type="checkbox"/> Linkendin	<input type="checkbox"/> Affiliated Charity	
<input type="checkbox"/> Facebook	<input type="checkbox"/> Online advertisement	<input type="checkbox"/> Running Store	

Specify: _____

What is your inspiration for funning? (140 characters max.)

Select T-Shirt size:

Womens	<input type="checkbox"/> XS	<input type="checkbox"/> S	<input type="checkbox"/> M	<input type="checkbox"/> L	<input type="checkbox"/> X-Large
Mens	<input type="checkbox"/> S	<input type="checkbox"/> M	<input type="checkbox"/> L	<input type="checkbox"/> X-Large	<input type="checkbox"/> XX-Large

Waiver & Indemnity release: Yes No

Scotia bank employee: Yes No



BILLING INFORMATION

First Name : _____ Last Name : _____

Payment Type : Cash Cheque Credit Card / Type: _____

Number : _____

Expiry : _____ Security Code : _____

Signature : _____