



RUNNER/WALKER'S NAME		FAMILY TEAM NAME (if applicable)	
ADDRESS		CITY	ZIP
EMAIL		PHONE	

IF YOU WISH TO WALK/RUN OR DONATE ONLINE, PLEASE VISIT US AT WWW.FRIENDSOFCROSSROADSQTN.CARE

Donor #	Donor Name	Email	Address	Amount	Cash	Check/ Check No.	Online	Collected
Example	Sue Donor	suedonor@email.com	111 Main St, Quakertown, 18951	\$50.00	X			X
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
11								
12								
13								
14								
15								

	Total Cash	Total Checks	Total Online	TOTAL DONATED
TOTALS (p. ____)				

Please collect all donations prior to the Walk/Run

** Prize eligibility is based on donations collected prior to the Walk/Run

Questions? Please contact Jess Martin:

crossroads5kwalkforlife@gmail.com

Register Online (5K/Walk/Fun Run)

www.crossroads5k.com

FAMILY EVENT!

Do you have kids who might not be interested in running or walking a long distance? We've got plenty of activities for them to do!



Event Details	
Location:	Park at 4th (By new Amphitheater) Univest Performance Center Quakertown, PA 18951
More info:	www.friendsofcrossroadsqtn.care/walk
5K RUN/5K WALK	
Start Time:	5K Run/Walk: 10:15 am; Registration: 8: 30- 9:30 am
Registration:	www.friendsofcrossroadsqtn.care/walk
Rain or Shine:	Check our Facebook Page or Website for updates
Early Bird Registration: thru Aug. 31	\$30 per adult runner/walker \$20 per child run/walk (aged 12 & under) Includes Dri-Fit T-shirt
Late Registration: Sept 1-Oct 3	\$37 per adult runner/walker \$27 per child run/walk (aged 12 & under) Dri-Fit T-shirt guaranteed through 9/13
Day of Registration:	\$45 per adult runner/walker \$35 per child run/walk (aged 12 & under)
Packet Pick up (Recommended)	Packet pick up and Day-of priced registration available Friday, Oct. 4 12-6 pm at Crossroads Pregnancy Care
Trophies awarded to: (Includes Cash Prize!)	1st place Male & Female Finishers overall
Awards given to:	3 Top Male & 3 Top Female in various age categories: 10 & Under, 11-14, 15-18, 19-29, 30-39, 40-49, 50-59, 60-69, 70+
FUN RUN (.5 mi) Start Time: 11:15 am	Children 10 & Under Cost: \$10 (Register online or day of) Participation Awards given
WALK (1 mi)	
Start Time:	Walk: 10:00 am; Regist. 8:30-9:30 am \$15 (all ages—includes Dri-Fit T-shirt)
Early Registration: Thru Aug. 31	\$20 (all ages—includes Dri-Fit T-shirt if registered by 9/13)
Late Registration: Sept 1—Oct 3 Packet Pick-up and Day-of Registration:	\$25 (all ages) Packet Pick-up will be available Friday, Oct. 4 12—6 pm at Crossroads)
Register Online	www.friendsofcrossroadsqtn.care/walk

INFORMATION FOR FUNDRAISERS

(For more information on the event and fundraising, please check out our website: www.crossroads5k.com)

For those not running or walking the 5K, our 1-mile stroll is an easy fun walk on flat sidewalks or trails. Any age, any speed is welcome! Walk, push a stroller, or stroll along side your dog. The Walk for Life is both exercise and fun for the whole family!

How do I get sponsors?

- During the online registration process, a Fundraising web page will be created for you. Using it, you can e-mail everyone you know and also spread the word about your fundraising efforts on social media.
- The best way to get sponsors is to simply ask or e-mail everyone you know... family, friends, neighbors, co-workers, people at your gym, your clubs, and even people you know out of town! When you ask "Will you sponsor me as I Walk for Life?" 9 out of 10 people will say "yes".

How to Raise \$500 in 10 Days

- Sponsor yourself for \$25
- Ask two family members to sponsor you for \$25
- Ask five friends to sponsor you for \$20
- Ask five people from your church to sponsor you for \$10
- Ask five neighbors to sponsor you for \$10
- Ask two other family members to sponsor you for \$25
- Ask your boss or company to sponsor you for \$20 or see if your company match the amount you raise.
- Ask five local merchants to sponsor you for \$20
- Ask two businesses you frequent to sponsor you for \$25
- You’ve done it! Great job! Ask a friend to join you in the Walk!

A pledge form is included on the back of this sheet. Record your pledges here, and be sure to bring any collected funds with you on Walk/Run day. More pledge sheets can be downloaded at: www.friendsofcrossroadsqtn.care/walk

THANK YOU and GOOD LUCK!



WALK FOR LIFE & 5K RUN

SATURDAY, OCTOBER 5, 2024

The Park @ 4th
8:30 AM to ~ 1:00 PM

FUN FOR EVERYONE!

Kids Zone

Live Praise Band

FUN RUN for Kids w/ Participation Awards

Water & Refreshments

Prizes for Most Funds Raised

#Crossroads5K_Walk24

The funds generated from the Walk for Life & 5K Run help provide the FREE resources that we offer at Crossroads, bringing hope, help, and healing to hundreds of women, men, and children in our communities.