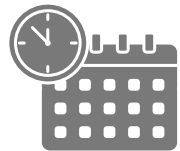




Everyday at Your Choice Resource Center, women and men in our community walk through our doors looking for help during an unplanned pregnancy. They are scared and unsure of what to do. We are here to help, offering women Christian, compassionate care through free pregnancy testing, limited ultrasounds, accurate information on all their pregnancy options, and the love of our Savior. We could not continue to provide these free services without you! Please join us for our annual Prayer Walk, 5K Run, and Littles for Life. Your fundraising efforts help us continue this life-changing, life-affirming ministry.



SEPTEMBER 6
ROCKY MOUNT SPORTS COMPLEX (Shelter at the Playground)
600 Independence Drive, Rocky Mount, NC 27804



PRAYER WALK

Day of Registration & Event - Floating 8:00-9:30 am
Online Registration & Fundraising - friendsofycrc.org/walkrunforlife
FREE t-shirt with \$150 in sponsors (Pick up by 9/3 or day of Walk)



5K RUN

Day of Registration begins at 7:30 am
Run Begins at 9:00 am
Online Registration & Fundraising - friendsofycrc.org/walkrunforlife
T-shirt included with \$40 registration fee. (Day of registration: \$50)
NEW THIS YEAR: Join your church, business, or organization's team for a friendly team competition!



LITTLES FOR LIFE FIELD DAY

Day of Registration begin at 9:00 am || Event begins at 9:50 am
Online Registration & Fundraising - friendsofycrc.org/walkrunforlife
Cost: \$10 per registration.



September 6
Goal: \$175,000

- > **Located at the Rocky Mount Sports Complex**
- > **Prayer Walk - Floating 8:00-9:30 am**
- > **5K Run - Race begins at 9:00 am**
- > **NEW! Team competition - fundraising & race times!**
- > **Littles for Life Field Day - Ages 15 months - 7 years**
- > **Online Fundraising for ALL Categories Available!**



friendsofycrc.org || 252-446-2273 || tiffany@friendsofycrc.org
Follow us @friendsofycrc

More Info/Register at
friendsofycrc.org

PRAYER WALK

EVENT DETAILS:

- Day of registration & event: Come anytime between 8:00-9:30 am
- You will be given a guide to direct you along the prayer walk route.
- Any participant raising funds is required to register at the shelter.



PARTICIPATION DETAILS:

- FREE t-shirt with \$150 in sponsors (Pick up by 9/3 or day of Walk)
- **Online registration & fundraising - friendsofycrc.org/walkrunforlife**

PRIZES

1st-3rd Place Most Money Raised
Custom Swag

1st-3rd Place Most Sponsors
Custom Swag

5K RUN

EVENT DETAILS:

- Day of check-in and registration begins at 7:30 am
- Run begins at 9:00 am

PARTICIPATION DETAILS:

- T-shirt included with \$40 registration fee if registered before 8/12
 - Online registration closes 8/28
 - Day-of registration is \$50 (card only)



• New this year - Team Competition

- Teams will compete in two areas: Most Money Raised and Fastest Time
 - Teams require a minimum of 3 members to qualify for the team portion of the competition.
 - Every church, business, or organization can have a team.
- Individual times will still be recorded with overall prizes awarded.

- Runner packet pick-up at YCRC on 9/5 from 11:30 am-1:30 pm or at Run tent on day of Run

- **Online registration & fundraising - friendsofycrc.org/walkrunforlife**

PRIZES

1st Place Overall Male/Female
Chick-Fil-A for a Year

2nd-3rd Place Overall Male/Female
Pace Yourself Gift Card

TEAM - Most Money Raised
Team Trophy

TEAM - Fastest Time
Team Trophy



LITTLES FOR LIFE

EVENT DETAILS:

- Day of check-in begin at 9:00 am
- Event Begins at 9:50 am
- This will be a relay-style event
 - Children age 15 months - 2 years will participate in a Toddler Trot Race
 - Children age 3-7 will participate in relay games. (Think school field day.)

PARTICIPATION DETAILS:

- T-shirt included with \$10 registration
- Ages: 15 months to 7 years old
- **Online registration & fundraising - friendsofycrc.org/walkrunforlife**

PRIZES

1st Place - Each Relay
Custom Ribbon

Most Money Raised
Trophy

IMPORTANT: IF YOU ARE USING PAPER FORMS TO FUNDRAISE

- Use the GREEN sheet to track and collect cash/checks
- Use the BLUE sheet to track individuals wishing to be billed (pledges of \$25+)
- Bring your completed forms and any money raised on September 6. If you cannot attend, please bring your forms and money to the Center prior to September 6.



EVENT SPONSORSHIP OPPORTUNITIES

MILE SPONSOR - \$5,000 PER MILE

- Includes yard signs along the route, logo on run map, custom social media post, logo on website, logo on sponsor banner, and announcement from the stage.

LITTLES FOR LIFE SPONSOR - \$1,000 PER RELAY

- Includes yard signs, logo on the map, custom social media post, logo on sponsor banner, and announcement from the stage.

PRAYER STATION SPONSOR - \$500 PER STATION

- Includes logo on the prayer station, logo on the map, social media post.