



THE 2018 WALK FOR LIFE AND 5K FUN RUN GUIDE

Thank you for joining us at this year's fundraiser for the Open Arms Pregnancy Clinic. This guide will provide you with important information about the event so you have a fantastic experience.

Here are a couple of important first-steps:

- 1) **Get Registered** (WithOpenArms.org/walk-for-life)
If you haven't already done so, get registered and create your own fundraising page.
- 2) **"Like" our event Facebook page: Open Arms Walk for Life and Fun Run**
This is a great way to stay informed on announcements as well as to ask questions. Post pictures of yourself getting ready for the big day, colorful items you'll be wearing, etc.
- 3) For the best experience at the event, **read this whole document** – you'll be glad you did! If you've never done a "color run/walk" before, this will be super helpful. Hey, it'll be helpful even if you have.

SCHEDULE OF EVENTS

8:30	Check In	9:45	Color Blitz and Walkers Start
9:00	Opening Ceremony	10:45	Live Band, Children's Activities, BBQ Lunch and PRIZES!
9:30	Line Up for Start	12:00	Traditional Popping of the Balloon Arch (children)
9:40	Color Blitz and Runners Start		

WHAT IS A COLOR BLITZ?

It's so much fun, that's what! Just before heading out for the run / walk, you'll be showered with colored powder. Don't worry. It's non-toxic, natural and safe, and it washes out easily. If you have a breathing condition or choose not to participate in the color blitz, that's ok. Just stand back during the color blitz, and while you're at a good distance, you'll be in a prime position to take some great photos of the fun! Then join the walk or run.

CHECK IN and DONATIONS COLLECTION

We must have a waiver signed for all participants. If you are checking in for your party, please bring their completed waiver (last page of this packet). Parents must sign on behalf of their minor children participating. At Check In, you'll turn in your sponsor sheet and any donations you've collected. Yes, this event is a whole lotta fun, but it's also designed to help Open Arms provide life-affirming services to those facing unintended pregnancy empowering them to make the choice for Life. Let's keep the main thing the main thing and have fun doing it!

PRIZES!

Prizes will be awarded that day to the people who have raised the most. **To be eligible for prizes, all donations must be turned in at check in (whatever wasn't donated on your fundraising page, that is).**

- **Individual Fundraisers:** The person who raises the most will get the first prize pick. Then the second. Then the third. And so on. These will be awarded during the post-event celebration. The prizes this year are the best ever with a three-day stay in Napa Valley, Golf at the Porter Valley Country Club, Laker's Tickets, Spa Package, and much, much more!
- **Teams:** The top two fundraising teams will receive 2 movie tickets per team member (maximum 20 tickets).
- **Free T-Shirt:** If you turn in \$200+ in sponsorships, you'll receive a free event T-Shirt. They are available for purchase for \$8/each.

WHAT TO WEAR

Our event t-shirts are white with a bright color logo. The white shirt will allow the colored powder to show more. Wear clothes and shoes that you don't mind getting colored powder on. It will wash out, though. Consider wearing fun and funky colored items (socks, cape, sunglasses, headband, GET CRAZY!)

WHAT TO BRING

Bring sunglasses to protect your eyes and a bandana to cover your nose and mouth if you're sensitive to powder. Bring fun and funky colored gear. You may want to bring a change of clothes or a towel to sit on in your car and a garbage bag in which to place dirty clothing and shoes. Bring your camera or cell phone (you'll want pictures for sure!). Apply sunscreen before coming.

There will be burgers, chips and drinks for purchase. Cash, credit card, debit card, and Venmo accepted.

START LINE

If you will be running, move toward the front of the line. If you are walking, stay to the back. THIS IS NOT A TIMED RACE, so there's no reason to jockey for position. "Rabbits in the front, Turtles in the back." Be sure you have your wrist band on so you're identified as a Color Run / Walk participant.

COLOR ZONE

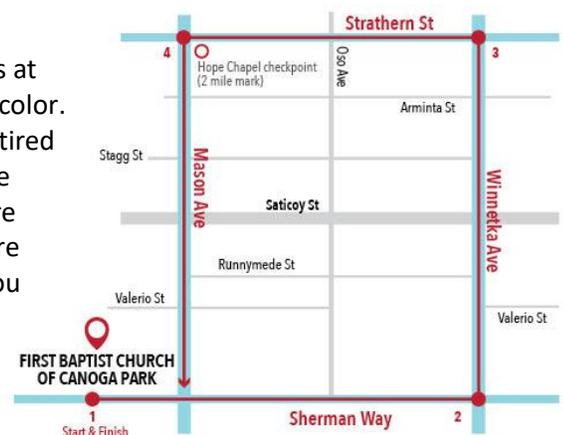
When you arrive at the start line, be sure to get one packet of colored powder and hold onto it until signaled. Everyone throwing their colors in the air at the same time creates a spectacular color cloud that is a lot of fun. So be sure to hold onto your powder until the air horn blows.

When the air horn blows, open the color packet and toss it or wave it in the air and the color will burst over the first group (the runners) as they head out onto the route. Then the walkers will move forward into the color zone. Again, the air horn will signal the burst of color as the walkers head out onto the route. Please do not stop in the Color Zone as this creates a bottle neck for those behind you.

ROUTE

The route is just shy of 5k (it's actually 2.9 miles). The checkpoint is at the 2-mile mark where you'll get some water and another burst of color. There will be a shuttle to take you the rest of the way if you're too tired to finish (if you will be shuttling back, please do not run through the color at the checkpoint so we keep the bus clean). But hey, if you're more than half-way there, why not go the distance and finish. There are finishing medals for all who complete the entire 5K, whether you walk or run (or do cartwheels for that matter).

*Note that the shuttle is not able to accommodate wheelchairs or strollers. We are sorry for the inconvenience.



SAFETY RULES

Safety is important so everyone has a terrific experience.

- If you are running with a stroller, please start at the back of the pack
- If you are running with small children, please hold their hands at the start
- If you are concerned about the powder, feel free to opt out, or wear goggles and/or a dust mask
- Please obey all traffic signals

CLEANING THE COLOR

How do you get the powder off?

We will have leaf blowers to blow off most of the dust before you get into your car, but you still may want to bring a change of clothes or a towel to sit on in the car. Although the color will wash out of just about everything, you may not want to bring the expensive stroller or wear the expensive shoes.

Dust off as much powder as you can before getting anything wet. Wash your color run clothing separately with COLD water. Oxiclean will work wonders! A hint of the color may remain, but it should disappear in a few days. In the meantime, you'll have a fun story to tell!

If you use coconut or olive oil in your hair the morning before the run, the powder will wash out easier. Leave-in conditioner also works well. Some people prefer to wear a bandana over the hair or face as they run through the powder.

SOCIAL MEDIA

Before the event: We will post announcements and you can ask questions on our Facebook Page "Open Arms Walk for Life and Fun Run." After the event: There will be a prize awarded after the event for the best photo, so take lots of pictures and it may be you! Be sure to tag #OAPCFunRun

GET SPONSORS

You'll be surprised who will sponsor you. Just ask everyone you know, "I'm participating in a Run/Walk to raise money to help young moms and dads facing surprise pregnancies. Will you sponsor me?" A personal invitation is most effective, so carry a pledge form with you everywhere (it's on the website).

- Sponsor yourself first. The first sponsorship sets the trend for other sponsorships
- Family (parents, aunts, uncles, cousins, grandparents, siblings)
- Friends (church, neighbors, coworkers, students)
- Places you do business (restaurants, hair, nails, doctors)
- Social Media and Email (share the link to your fundraising page – it's so easy!)

Our goal is to raise \$70,000.

THANK YOU

Thanks so much for being a part of this great event; and even more importantly, thank you for making the life-saving work of Open Arms possible in this community. We depend on funds raised at this event and are so truly grateful for you helping us reach our goal. We absolutely could not do what we do without people like YOU!

Let's do this! Together!

The Open Arms Staff

LIVE MUSIC

"Breaking Ground Worship" will be performing during the post-walk celebration.



Open Arms Pregnancy Clinic Walk for Life

PARTICIPANT WAIVER OF LIABILITY

In consideration for participating, the undersigned, or any personal representative, shall not make any claim against, maintain an action against, or recover from Open Arms Pregnancy Clinic for any injury, loss, damage, or death resulting from my participation in this event. Further, if the participant is under eighteen (18) years of age, on behalf of myself and any other parent or guardian of my child, I hereby release, indemnify and hold harmless Open Arms Pregnancy Clinic from any and all liability for any loss or injury, including death, my child may suffer while participating as a result from participation in this activity. Additionally, I authorize the use of my photo or likeness, regardless of media, by Open Arms.

Name: _____ **Team:** _____

Pre-Registered? Yes / No

Registered Online / By Mail

New Registrants. If you did not register online, please provide contact information below:

Address, City, Zip: _____

Phone: _____ Email: _____

Additional Adult Members of your party who are participating:

Print Name of Participant	Signature of Participant	Over 18?	Date
		Y / N	
		Y / N	
		Y / N	
		Y / N	

For those under 18:

Name of Minor	Age	Name of Minor	Age

Signature of Parent/Legal Guardian _____ **Date** _____

Total Donations being turned in:

\$ _____