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**Rocena Kidney Foundation**

**Walk-A-Thon**

**March 6 to March 26th, 2023**

First Name Last Name:

Dear Potential Sponsor,

I am participating in the **Rocena Kidney Foundation Walk-A-Thon** to raise funds to administer their programs. Our goal is to collectively walk the distance from Ottawa, Canada to Castries St. Lucia approx. 3,752 kms.

Every dollar we raise will make a difference in kidney care in our community.

Any sponsorship amount welcomed.

| Name of Sponsor | | Pledge per KM | Total Pledge | Amount Collected from Sponsor | Sponsor Phone/  E-mail |
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For Participant

**Concept:**

* Our goal is to collectively walk the distance from Ottawa, Canada to Castries St. Lucia approx. 3,752 kms Virtual measurable physical activity (walk, run, bike);
* Four (4) weeks duration (March 6 to March 26th, 2023);
* Create a team or as an individual;
* Solicit pledges from sponsors to cover your personal goal or pay a $25.00 registration fee without collecting pledges although we encourage participation to grow efforts.
* Pledges of $25.00 or more will be eligible for a tax receipt.

**Requirements**:

* Register to participate by sending an email to: [Rocenafoundation@gmail.com](mailto:Rocenafoundation@gmail.com) or by private message on our facebook page or phone 613-327-3406
* You have 4 weeks to walk, run or bike;
* Using your preferred app on your phone, you will upload each activity to the private event Facebook page – **Rocena Kidney Foundation Walkathon**
* Event ends on Sunday 26 March at 2:00pm at the Aquaview Community Centre**,** 318 Aquaview Dr, Orléans, for a final walk. Wear red and white to the finish line;
* Prizes for: most funds raised, most sponsors, and longest distance covered.
* Join our **Rocena Kidney Foundation Walkathon** Facebook page and share pictures of your journey along your favourite walking trails, ravines and parks.