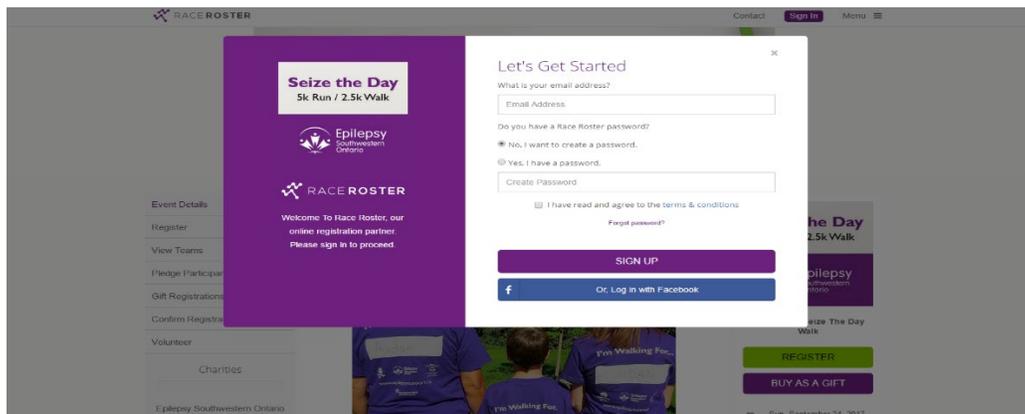


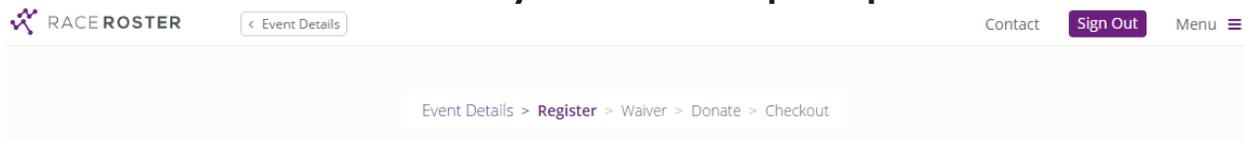
## Setting Up Your Pledge Page

### Register for an Account:

1. Click 'Register'
2. Create a Race Roster Account or Sign in using Facebook



**When your profile is created, you will be able to register for either the 2.5K walk or 5K Run. Please select which event you would like to participate in.**



Participant #1 ▼

Select Event for Participant 1

- 2.5K Walk (FREE) Registration online does not include fee. All registrations must be done via mail, or in person at The Centre or event. Collect \$100 in pledges and your fee is waived. free for children under 17.
- 5K Run (FREE) Registration online does not include fee. All registrations must be done via mail, or in person at The Centre or event. Collect \$100 in pledges and your fee is waived. free for children under 17.

**After selecting which event you would like to participate in, please fill out the registration form, providing as much detail as possible.**

RACE ROSTER [← Event Details](#) [Contact](#) [Sign Out](#) [Menu](#)

Registration Information

I would like to register:

Myself  Someone Else

\* First Name  \* Last Name

\* Date of Birth  You are 38 years old Sex

\* Email  Phone Number

\* Address

\* City  \* ZIP/Postal Code

**After you have completed filling in your personal information and if you want to create a new team, please select 'Yes, create a new team and add this participant'. After you have selected this option, please fill in your team name and additional information.**

\* Add Participant 1 to a Team?

No, do not add this participant to a team

Yes, create a new team and add this participant

Yes, add this participant to a team created by someone else

\* Name Your New Team

Team Password (Optional) ⓘ

**If you would like to join an existing team, please click 'Yes, add this participant to a team created by someone else'.**

\* Add Participant 1 to a Team?

No, do not add this participant to a team

Yes, create a new team and add this participant

Yes, add this participant to a team created by someone else

\* Team Name

Select...

Select...

**Available Teams**

Training Wheels

**Alternatively, you can join an existing team by finding a list of teams on the event home page found at: <https://raceroster.com/events/2019/23614/6th-annual-seize-the-day-london>**

**Please click 'View Teams'.**

Sunday, September 24, 2017  
Kiwanis Park (Hale St. Entrance)

Event Details

Register

**View Teams**

Pledge Participant

Gift Registrations

Confirm Registration

Volunteer

Charities

*Walking in honour and memory of people affected by seizures*

**Let's make every step count! Carpe Diem!**



**Seize the Day**  
5k Run / 2.5k Walk

 Epilepsy  
Southwestern  
Ontario

4th Annual Seize The Day  
Walk

REGISTER

Select the team you would like join and click 'Join Team' and then follow the registration steps if you have yet to register for an online profile.

## Creating or Editing Pledge Pages

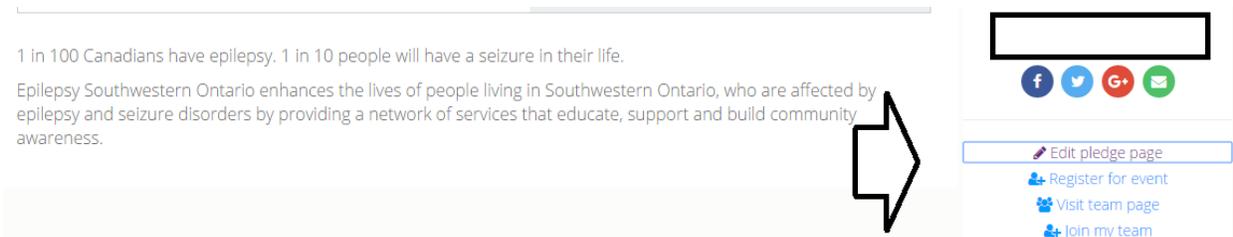
To edit your individual pledge page, please follow these instructions provided by Race Roster.

1. Go to the event registration page on Race Roster
2. Click **Sign In** on the top right hand corner
3. Once you sign in, click **Menu** on the top right hand corner

4. A menu will appear, scroll down and click **Share Pledge Page** and you will land on your pledge page for this specific event



5. To the right click **EDIT PAGE** and make any necessary adjustments to your pledge goal, adding text, and adding an image to your page



Once you are finished updating your page click **SAVE UPDATED PLEDGE INFORMATION**

### Sample Online Registration Message

Consider adding your personal story to the online registration.

*Dear Family and Friends,*

*On [date] I will be joining Epilepsy Southwestern Ontario at their Annual Seize the Day 2.5k Walk & 5k Run.*

*Funds raised through Seize the Day will help support epilepsy education programs, support services and community engagement in Southwestern Ontario. The Seize the Day 2.5K walk and 5K run is in support of individuals, families, and members of our community living with epilepsy and seizure disorders.*

*I am walking for \_\_\_\_\_. I chose to participate in Seize the Day Walk because [Insert your story here].*

*Epilepsy is one of the most common chronic neurological disorders, with 1 in 100 Canadians affected by the disorder. My goal is to help Epilepsy Southwestern Ontario alleviate some of the stress created by epilepsy and provide funds to support educational programs.*

*Help make a difference and support my team. Join me at Seize the Day, in making a difference for those living with epilepsy and seizure disorders. If you are interested in donating to my team, please visit\_\_\_\_\_.*

*Walk or run with me this September at Seize the Day and show your support. I greatly appreciate your support and will keep you posted on my progress.*

#### **More Instructions**

If you have further questions, view Race Roster's tutorial and infographic here:  
<https://blog.raceroster.com/infographic-how-to-set-up-your-pledge-page/>