

Setting Up Your Pledge Page

Register for an Account:

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

The screenshot shows the Race Roster website interface. On the left, there is a sidebar with navigation links: Event details, View/submit virtual results, View teams, Donate to participant, Participant list, Fundraising leaderboards, and Confirm registration. The main content area features a purple banner for 'Seize the Day 5k Run / 2.5k Walk' with the epilepsy southwestern ontario logo and a 'RACE ROSTER' logo. A white modal window titled 'Let's get started' is overlaid on the page. It contains the following text and form elements: 'What is your email address?' with an input field; 'Do you have a Race Roster password?' with radio buttons for 'No, I want to create a password.' and 'Yes, I have a password.' (selected); 'Enter password' with an input field; a 'Forgot password?' link; a purple 'Sign in' button; and a blue button with the Facebook logo and text 'Or, log in with Facebook'. The background of the page shows a blurred image of people running/walking.

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.

The screenshot shows a registration form titled 'Registrant No. 1'. The 'Sub-event' section is highlighted in grey. Below this section, there is a label 'Select a sub-event *' followed by two radio button options: 'Virtual 2.5K Walk (FREE)' and 'Virtual 5K Run (FREE)'. The form is set against a white background with a purple header bar.

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

Personal information

I am completing this form for *

- Myself
 Someone else

First name *

Last name *

Date of birth *

Month Day Year (e.g., 1981)

Sex *

Select...

Email *

Phone number *

Address *

Enter a location

Please note, you will be prompted to select a t-shirt size. You will be eligible for a free shirt if you collect \$150 in pledges. Each participant will receive only ONE t-shirt if they reach the \$150 goal. Team donations will not count towards individual prizing, so please plan accordingly. If you're a team captain, ensure each of your teammates are reaching the \$150 goal if they'd like an event t-shirt.

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's 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... ▼

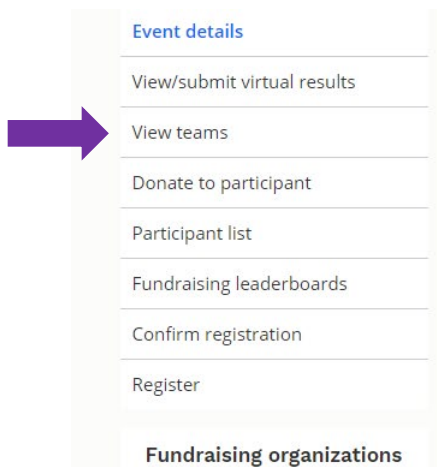
Select...

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/2021/49405/8th-annual-seize-the-day-london>

Please click 'View Teams'.



Walking in honour and memory of people affected by seizures

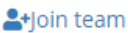
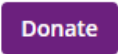
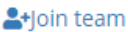
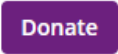
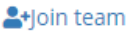
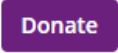
Let's make every step count! Carpe Diem!



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

View teams

Search for a team name

Team name	Team captain	Team members	Raised
Quinn's Army 	Sue Cook	Sue Cook, Quinn Cook, Bob MacDougall, Nikki Cook Show more...	\$725.00 
The Chute Clan 	Erin Chute	Erin Chute, Doug McCallum, Justin Chute, Madison Chute Show more...	\$150.00 
Dylans Dudes 	Angela Smith	Angela Smith, AVERY SMITH, DYLAN TERPSTRA, KAYLA TERPSTRA Show more...	\$50.00 



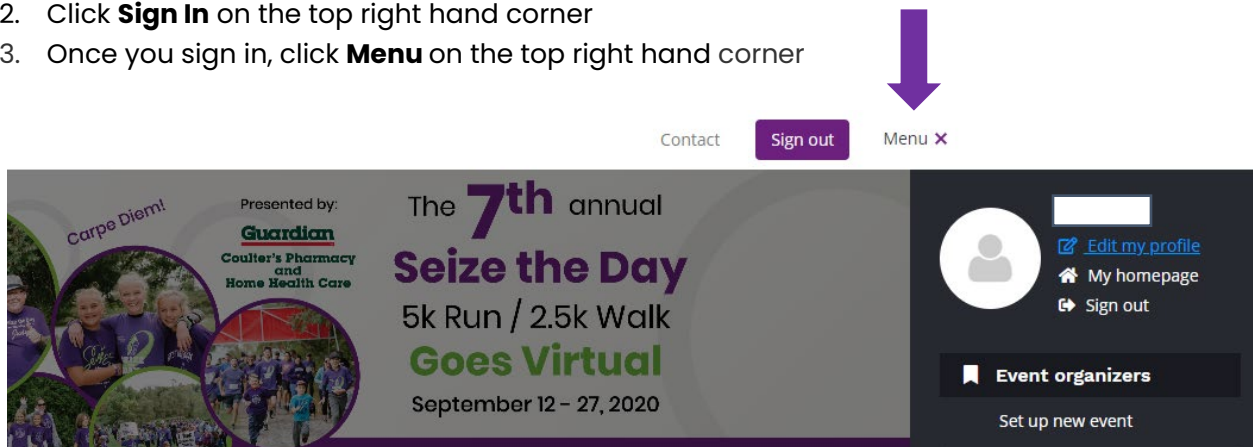
For further information, please:

Visit: <https://epilepsyswo.ca/seize-the-day/> or contact Bailey Tschirsov at bailey@epilepsyswo.ca

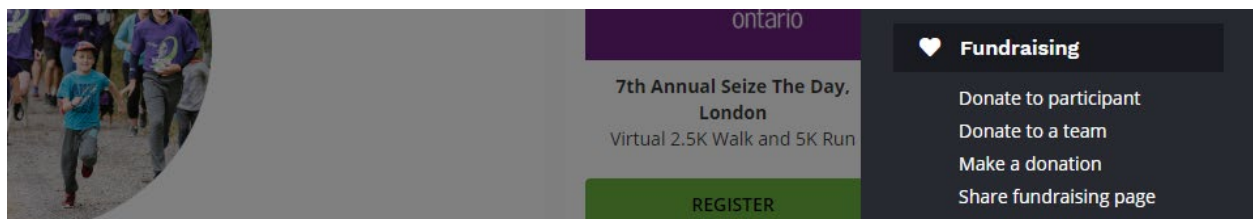
Creating or Editing Pledge Pages

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

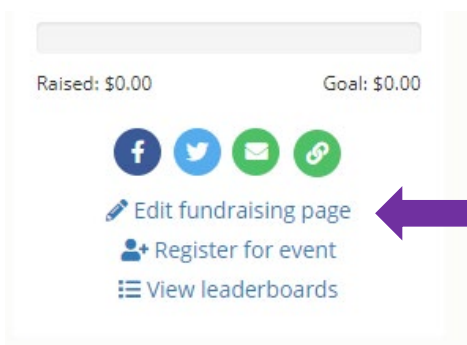
1. Go to the event registration page on Race Roster
2. Click **Sign In** on the top right hand corner
3. Once you sign in, click **Menu** on the top right hand corner



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



5. To the right click **EDIT FUNDRAISING 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 FUNDRAISING INFORMATION**

Sample Online Registration Message

Consider adding your personal story to the online registration.

Dear Family and Friends,

This September 24-26, 2021, I am taking part in Epilepsy Southwestern Ontario's 8th Annual Seize the Day fundraising event. Seize the Day 2.5k Walk & 5k Run supports individuals, families and members of the community who are affected by seizures and epilepsy.

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

Whether you are walking in memory of someone who has passed away from a seizure, supporting those who are affected by epilepsy and seizures, or want to raise awareness, this event is something that everybody in our community can participate in.

The COVID-19 pandemic will not stop this event from taking place! This year, the event will be taking place virtually! A virtual run is a race that can be run (walked or in a wheelchair/stroller) from any location you choose. You get to create your own route, participate at your own pace and time it yourself (if you so desire).

Help make a difference and support my team. Join me this September, in making a difference for those living with epilepsy. If you are interested in donating to my team, please visit_____ . With your support, Seize the Day will be a great success!

Register at <https://raceroster.com/events/2021/49405/8th-annual-seize-the-day-london> or fill out a [registration form](#) and submit it to Epilepsy Southwestern Ontario to join my team!

I greatly appreciate your support and will keep you posted on my progress.