

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. A modal window titled "Let's get started" is open over the registration page. The modal contains the following fields and options:

- Text input: "What is your email address?"
- Text input: "Enter password"
- Radio buttons: "Do you have a Race Roster password?" with options "No, I want to create a password." and "Yes, I have a password." (selected).
- Text input: "Forgot password?" (with a link icon)
- Button: "Sign in" (blue)
- Text: "OR"
- Button: "Sign in with Facebook" (with Facebook icon)

The background page shows the "Seize the Day 5k Run / 2.5k Walk" event details, including a "Register" button and a "Welcome To Race Roster" message.

3. 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 the "Registrant No. 1" section of the registration form. It contains a "Sub-event" section with the following options:

Select a sub-event *

- In-Person 2.5K Walk, London** Registration online does not include fee. All registrations must be done via mail, in person at ESWO or at event. Registration in advance is \$20. Collect \$100 in pledges and your fee is waived. Free for children under 17.
- In-Person 5K Run, London** Registration online does not include fee. All registrations must be done via mail, in person at ESWO or at event. Registration in advance is \$20. Collect \$100 in pledges and your fee is waived. Free for children under 17.
- Virtual 2.5K Walk (FREE)**
- Virtual 5K Run (FREE)**

4. 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)

Email *

Phone number *

Address *

City *

Country

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.

Teams

Add registrant to a team? *

No, do not add this registrant to a team

Yes, create a new team and add this registrant

Team name *

Create code (optional) i

By joining a team, I understand and agree that: *

The team captain will be able to see various details of my registration, including my contact information.

[+ ADD ANOTHER REGISTRANT](#)

[CONTINUE](#)

Alternatively, you can join an existing team by clicking “Yes, add this participant to a team created by someone else” and select the team you would like to join from the drop down menu.

A list of teams can be found on the event home page by clicking “View Teams” <https://raceroster.com/events/2022/61924/6th-annual-seize-the-day-windsor>

- [Event details](#)
- [View teams](#)
- [Donate to participant](#)
- [Participant list](#)
- [Fundraising leaderboards](#)
- [Register](#)
- [Confirm registration](#)

Taking steps to raise epilepsy awareness

Join ESWO for the 9th Annual Seize the Day Event!

On Sunday, September 25, 2022 Epilepsy Southwestern Ontario (ESWO) will host its 9th Annual Seize the Day 5k Run / 2.5k Walk at the Graham Family Eco Park to raise funds to provide support and educational services for people living with epilepsy, their families and their communities throughout Southwestern Ontario.

This family fun event will include a run and walk, followed by a BBQ. Start time: 10:30am. If you're unable to join us in London, visit our Windsor page, or consider joining us virtually by walking/running September 23-25, 2022. We will kick off the weekend event virtually with celebrations on Facebook Live.

Seize the Day
5k Run / 2.5k Walk

epilepsy
southwestern
ontario

**9th Annual Seize The Day,
London**
2.5K Walk and 5K Run

REGISTER

For further information, please:

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

Creating or Editing Pledge Pages

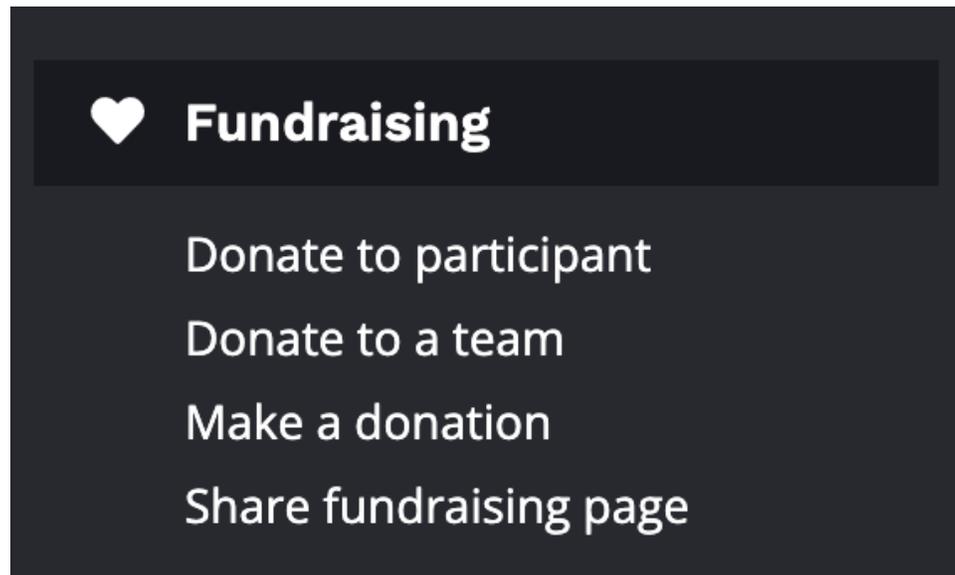
To edit your individual pledge page, please follow the instructions provided by Race Roster.

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

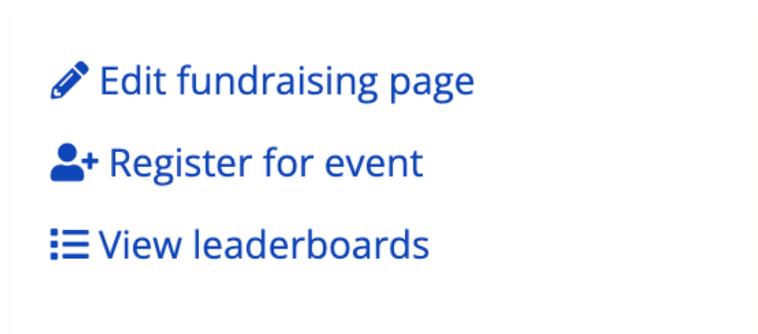


The screenshot shows the Race Roster website interface. At the top, there is a navigation bar with 'RACE ROSTER', 'Event details', 'Contact', 'Sign out', and 'Menu X'. The main banner features the event title 'THE 9TH ANNUAL SEIZE THE DAY' and a cartoon brain character. Below the banner, there is a sidebar on the left with options like 'Event details', 'View teams', 'Donate to participant', 'Participant list', 'Fundraising leaderboards', 'Register', and 'Confirm registration'. The main content area is titled 'View teams' and includes a search bar for team names and a table with columns for 'Team name', 'Team captain', 'Team members', and 'Raised'. The table is currently empty, showing 'Showing 0 to 0 of 0 entries'. On the right side, there is a user profile menu with options like 'Edit my profile', 'Your homepage', 'Sign out', 'Event organizers', and 'Participants'.

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,

On September 25, 2022, I am taking part in Epilepsy Southwestern Ontario's 6th Annual Seize the Day fundraising event. Seize the Day 2.5k Walk & 5k Run supports individuals, families, and community members who are affected by seizures and epilepsy.

Epilepsy can happen to anyone at any time! *It is one of the most common neurological conditions in Canada affecting approx. 1 in 100.*

People living with epilepsy often feel like their lives are defined by their epilepsy & they live in fear of their next seizure. When & where will it happen? Will they be hurt? Will bystanders know what to do?

But...there is hope!

Your donation will help ESWO to provide support & services for people living with epilepsy & their families. Services that help families understand a diagnosis, navigate the medical & social service systems, & help them connect to others affected.

Help me reach my goal to raise \$150 for the 6th Annual Seize the Day Event. Or consider joining my team! Register for the event and we can walk/run together.

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

Thank you!

Thank you for registering for the 6th Annual Seize the Day Walk! Your support of Epilepsy Southwestern Ontario is greatly appreciated and we hope you enjoy fundraising and participating in the event with friends, family, and coworkers! Your effort and contributions make a significant impact for families and individuals in the community and we are truly grateful to have you as a part of the ESWO community.