

THE ANNUAL

# SEIZE THE DAY

5K RUN/2.5K WALK

IN SUPPORT OF

epilepsy  
southwestern  
ontario

## REGISTRATION FORM (PLEASE PRINT CLEARLY)

Help raise funds for epilepsy support and education.

FULL NAME

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ADDRESS (INCLUDE APT. NUMBER/ R.R. NUMBER)

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CITY

PROVINCE

POSTAL CODE

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PHONE NUMBER (INCLUDE AREA CODE) TEAM NAME (IF APPLICABLE)

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TEAM CAPTAIN

EVENT CITY

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### PLEDGE SHEET, CASH & CHEQUES DROP OFF:

#### LONDON HEAD OFFICE

797 York Street, Unit 3  
London, ON N5W 6A8

Our office is by appointment only so please schedule an appointment for drop off. Please email [avery@epilepsyswo.ca](mailto:avery@epilepsyswo.ca) to arrange a drop off time.

### PARTICIPANT RELEASE AND WAIVER:

Everyone must sign this waiver. If under 18, a parent or guardian must sign.

In consideration of your acceptance of this registration, I hereby for myself, my heir, executors and administrators waive and release any and all rights and claims for damages I may have against Epilepsy Southwestern Ontario, their representatives, successors, and assigns, or against officers, directors, or representatives of any of the above for any or all injuries suffered by me in Seize the Day Walk/ Run. I also give permission for the free use of my name and/or picture in any broadcast/teletcast or other account of this event. I further attest and certify that I am physically fit, and have sufficiently trained for participation in this event, and my physical condition has been verified by a licensed medical doctor.  
Charitable Reg. No. 11890-0802-RR0001.

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SIGNATURE OF PARENT/ GUARDIAN IF APPLICANT IS UNDER 18

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DATE

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PARTICIPANT'S SIGNATURE

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DATE

FIND EVENT  
INFORMATION  
AND DATES  
ONLINE  
[epilepsyswo.ca](http://epilepsyswo.ca)

Submit \$100 in pledges and your registration fee will be waived.

Collect \$150 in pledges by August 24, 2023, and you will receive a free event t-shirt. Must select size when registering below.

T-SHIRT SIZE      ADULT XS - 2XL  
                                    YOUTH YXS - YXL

- 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 team mates are reaching the \$150 goal if they'd like an event t-shirt.
- T-shirts will be available at the Eco Park for pickup the day of the event, or advanced pickup locations TBD. More information to come.

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IN SUPPORT OF

**PLEDGE GOAL:**

- Cheques should be made payable to Epilepsy Southwestern Ontario.
- Please encourage donors to provide their email address as a safer and more cost efficient way to deliver tax receipts.

Please **PRINT** the name and address of each donor clearly.

SPONSOR'S NAME	ADDRESS	CITY	POSTAL CODE	EMAIL	TELEPHONE	AMOUNT PLEDGED	CASH OR CHEQUE?	
<b>THANK YOU for your generous support!</b>							<b>TOTAL:</b>	

**TAX RECEIPTS:** Pledges of \$20 or more are eligible for a tax receipt, but the donor **MUST** include their complete address to receive a receipt.