

## 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:

- Input field: "What is your email address?"
- Radio button options: "Do you have a Race Roster password?"
  - No, I want to create a password.
  - Yes, I have a password.
- Input field: "Enter password"
- Text: "Forgot password?"
- Blue button: "Sign in"
- Text: "OR"
- Facebook button: "Sign in with Facebook"

The background page shows a sidebar with navigation links: "Event details", "View teams", "Donate to participant", "Participant list", "Fundraising leader", "Register", "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. Below the banner, it says "Welcome To Race Roster, our online registration partner. Please sign in to proceed." There are also buttons for "Fundraising organization" and "Raised: \$".

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 a registration form titled "Registrant No. 1". The form is titled "Sub-event" and asks the user to "Select a sub-event \*". There are three main categories of sub-events:

- In-Person Run**
  - In-Person 5K Run, London \$30.00 Your online registration through Race Roster will include all fees associated with the event.
  - In-Person 5K Run, 12 and under, London (FREE) Registration for children 12 and under is free.
- In-Person 2.5K Walk, London**
  - In-Person 2.5K Walk, London \$30.00 Your online registration through Race Roster will include all fees associated with the event.
  - In-Person 2.5K Walk, 12 and under, London (FREE) Children under 12 are free.
- Virtual Participation**
  - Virtual 5K Run FREE
  - Virtual 2.5K Walk 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

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First name \*

Last name \*

Date of birth \*

Month  Day  Year (e.g., 1981)

Email \*

Phone number \*

Address \*

Country

City \*

State/province

ZIP/postal code \*

Please note, you will be prompted to select a T-shirt size. Every individual who registers for the in-person event will receive a T-shirt. To ensure you get your preferred size, please register by **August 14th, 2024**. Participants who register after this date will still receive a T-shirt, but size availability cannot be guaranteed.

**Questions**

Select your t-shirt size \*

All in-person participants will receive a T-shirt! To ensure you get your preferred size, please register by August 14th, 2024. Participants who register after this date will still receive a T-shirt, but size availability cannot be guaranteed.

Select...

Have you participated in our Seize the Day event in the past?

Select...

Are you subscribed to our newsletter?

If you don't already receive our e-newsletters, consider signing up so you don't miss out on upcoming events and initiatives! Subscribe here: <https://shorturl.at/Z0rzu>

Yes  
 No

What is your connection to ESWO?

Select...

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 to a team

**+** Create new team

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**Enter promo code**

Enter promo code

+ 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".

[11th Annual Seize the Day London](#)

**Event details**

- Register
- View teams**
- Donate to participant
- Participant list
- Fundraising leaderboards
- Confirm registration

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**Fundraising organizations**

Raised: \$0.00

Epilepsy Southwestern Ontario [View](#)

**Celebrating 11 Years of Supporting Our Purple Community!**



**Join ESWO to Celebrate the 11th Anniversary of Seize the Day**

Join us on Sunday, September 29th, 2024, as Epilepsy Southwestern Ontario (ESWO) hosts our Annual Seize the Day Fundraiser at Graham Family Eco Park! All proceeds will support vital services for individuals living with epilepsy, their families, and their communities throughout Southwestern Ontario.

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

epilepsy  
southwestern  
ontario

REGISTER

DONATE NOW

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📅 Sun., September 29, 2024  
10:00 a.m. EDT

[Add to calendar](#)

For further information, please

Visit our [Seize the Day website](#) or contact Katie Hodges at [katie@epilepsyswo.ca](mailto:katie@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

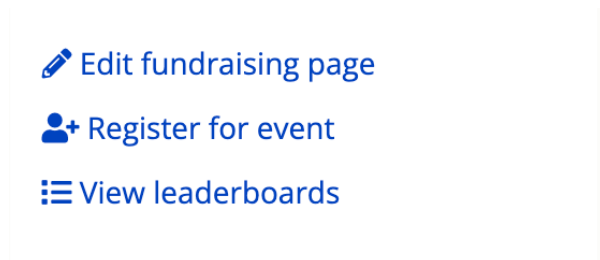


4. A menu will appear, scroll down and click **Share Fundraising Page** and you will land on your pledge page for this specific event

♥ **Fundraising**

- Donate to participant
- Donate to a team
- Make a donation
- Share fundraising page

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 [insert date], I am taking part in Epilepsy Southwestern Ontario's 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 fundraising goal for the 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 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.