

## 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:

- What is your email address? (text input field)
- Do you have a Race Roster password?
  - No, I want to create a password.
  - Yes, I have a password.
- Enter password (text input field)
- Forgot password? (text link)
- Sign in (blue button)
- OR (text separator)
- Sign in with Facebook (button with Facebook icon)

The background page shows the "Seize the Day 5k Run / 2.5k Walk" event details, including a "Register" button and a "Fundraising lead" section.

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" page with the following content:

**Sub-event**

Select a sub-event \*

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

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 \* Email \*

Month  Day  Year (e.g., 1981)

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.

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

**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?**

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

**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".  
[8th Annual Seize the Day Windsor](#)

- Event details
- View results
- Register
- View teams
- Donate to participant
- Participant list
- Fundraising leaderboards
- Confirm registration


**Fundraising organizations**

Raised: \$0.00

Epilepsy Southwestern Ontario View

Donate now

### Seize the Day Your Way!



Join ESWO to Celebrate the 8th Anniversary of Seize the Day

Join us on Saturday, September 21st, 2024, as Epilepsy Southwestern Ontario (ESWO) hosts our Annual Seize the Day Fundraiser at Vollmer Culture & Recreation Complex. All proceeds will support vital services for individuals living with epilepsy, their families, and their communities throughout Southwestern Ontario.

This family-friendly event kicks off at 10:00 am and features a 5K run and a 2.5K

Seize the Day

5k Run / 2.5k Walk

epilepsy  
southwestern  
ontario

REGISTER

DONATE NOW

📅 Sat., September 21, 2024  
10:00 a.m. EDT

➔ [Add to calendar](#)

📍 2121 Laurier Pkwy, Windsor,  
ON N9J 0B4, Canada

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

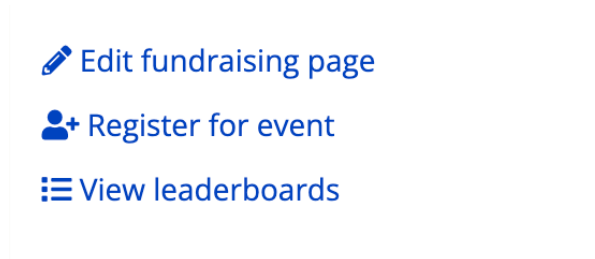


The screenshot shows the Race Roster website interface. At the top, there's a navigation bar with 'RACE ROSTER', 'Contact', 'Sign out', and 'Menu X'. The main content area features a banner for 'THE 8TH ANNUAL SEIZE THE DAY' with a cartoon character. Below the banner, there's a section titled 'Seize the Day Your Way!' with a photo of a group of people. To the right, there's a 'Seize the Day' registration box with 'REGISTER' and 'DONATE NOW' buttons. On the far right, a dark sidebar menu is open, showing options like 'Event organizers', 'Participants', and 'Fundraising'. A purple arrow points to the 'Menu X' button in the top right 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

A dark grey menu with a heart icon and the word 'Fundraising' at the top. Below it, there are four options: 'Donate to participant', 'Donate to a team', 'Make a donation', and 'Share fundraising page'. A purple arrow points to the 'Share fundraising page' option.

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.