

WALK A MILE REGISTRATION PACKAGE

This information is also available on our website <https://cornerstonenorthumberland.ca/>.

Thank you for registering to participate in our annual Walk A Mile event on **Saturday, October 4th, 2025 at 9:30am** on King Street, (right in Front of Cobourg Police Station).

We will walk down Cobourg's main street to show our support for women and children in our community who have been impacted by gender-based violence.

2025 marks our 18th year! To celebrate, we strongly encourage you to grab your friends, family, or colleagues and build your own Walk A Mile team! There is strength in numbers, and we want to make this our biggest and best year!

There will be a minimum participation fee of \$20 for adults and \$10 for youth 18 and under; although, collecting more pledges is encouraged. Please consider setting your own personal fundraising goal as every bit helps.

Schedule for the day: (All takes place on King Street In front of Cobourg Police Station)

9:30 am – Registration Opens, Lions Club serves breakfast.

10:00 am – Shoe fitting, registration, breakfast continues

10:50 am – Words from Nancy Johnston

11:00 am – Start our walk along King Street

11:30 am – Shoe hand in and you're off!

YOUR WALK A MILE REGISTRATION PACKAGE INCLUDES:

- Instructions on how to Create a Personal/Team Giving Page
- The Ease of Online Donations
- Information about
 - Shoes
 - Pledge Collection
 - T-Shirts & Attire
 - Day of the event
- Pledge forms and Waiver

CREATE A PERSONAL/TEAM GIVING PAGE

This is an amazing feature offered through Just Giving and takes less than 5 minutes to create. It's easy to set-up, and a great way to monitor your online fundraising. To set up your page, and ask people to donate to you, follow the steps below:

1. Go to: <https://justgiving.com/campaign/cornerstonewalkamile2025>
2. Click on Orange Button "Start Fundraising" on the right hand side of the screen
3. Create an account for yourself and follow the steps.

4. If the page does not automatically link, you can search for "Walk A Mile 2025", select this event and follow the steps.
5. If you would like to get an email when someone donates to your page please click *Yes Please, opt me in.*
6. Click Create Your Page
7. Your Page has been created! BUT.....now you can customize it! And you should! It will be more impactful with YOUR message on it. TO do this:
8. Click personalize at the very top of the page and follow the prompts
9. Change the title to include your name/ set a fundraising target/ customize the page summary and story to include why you are walking and why you would love their support!
10. On your page you can upload a different cover photo to be one of yourself. We suggest this as it personalizes it.
11. To Share the link with family and friends there are 3 easy ways to do so. You can share on social media by clicking the Facebook and twitter icons AND you can send the link to your email contact list by clicking the email link. If you are walking with a team each team member can do this to make an even bigger impact and reach supporters far and wide!
12. When sharing the email it will generate a generic email and we suggest you personalize this with your reason for walking and why you would like support from friends and family.
13. Happy Fundraising!

THE EASE OF ONLINE DONATIONS:

Don't want to create a Personal Giving Page? Just want to encourage your network to donate, or just want to make a personal donation to participate? You can ask people to donate to Walk A Mile through the generic Just Giving Walk A Mile page. This is a secure site.

1. Go to: <https://justgiving.com/campaign/cornerstonewalkamile2025>
2. Click Give Now

WAIVER FORM

You will receive a waiver form when you receive your registration package. Please email the completed form to mbraccia@cornerstonenorthumberland.ca prior to October 2rd. Participants can also sign the waiver the day of the event; however, if possible, we request that you please email the form before October 2.

SHOES:

We will have red heels at the event for you to borrow. Please come early enough to be fitted properly and to get your correct size before we are out! We will have limited pairs of red running shoes on hand to borrow as well! We also encourage your own design of shoe! If you have a pair of work boots, cowboy boots, rain boots, running shoes etc. that you want to paint red and decorate your own way! All footwear is welcome!

T-SHIRTS AND ATTIRE:

Cornerstone offers participants a commemorative t-shirt to wear during the walk and to keep as a memento of the day and your support of Cornerstone.

If you are participating with your organization, company, or service club etc. you are welcome to wear your uniform or attire of your choice to highlight said organization, company, or service club.

We encourage all participants to dress for the weather. **EVENT IS RAIN OR SHINE!** (That being said if it is inclement weather or unsafe to walk we will reschedule)

BREAKFAST

The Cobourg Lions Club will be providing delicious peameal bacon on a bun for each participant. All participants eat free! Thank you to the Lions Club for this contribution.

PHOTO AREA

There is a fun Walk A Mile themed photo area where you can take photos with your family, friends, or team when you wait for the walk to begin! A great way to remember the day! You can also tag us in your photos @cornerstonefvp

JOIN ME IMAGE

As part of your registration package email, you will receive a "Join Me" image. This can be shared with friends and family as a fun way to show your participation and encourage others to join the event!

For additional information please email cfordham@cornerstonenorthumberland.ca

Together, we can create a safe place where hope can take root and grow, one step at a time.

THANK YOU FOR JOINING US, WE LOOK FORWARD TO WALKING WITH YOU!