



What is the S.A.Y. Yes! 5K?

It is an annual 5K walk/run for our community of Los Angeles area after school centers. The purpose of the S.A.Y. Yes! 5K is to come together as a diverse community of centers to celebrate our students, promote healthy living, raise up support for our work, and most of all glorify God.

How can I fundraise?

It's simple. Ask people to sponsor your participation in the 5K. Collect their pledges, bring them with you on the day of the event, and have a great time!

CENTER NAME
ADDRESS
PHONE NUMBER

Lots of great prizes will be awarded to the adults (18 & over) and students (17 & under) that raise the most! And even more exciting prizes will be raffled off at the 5K!



TIPS FOR EFFECTIVE PLEDGE RAISING!
1) Brainstorm a list of all the people you can ask! Including family, friends, and neighbors.
2) Start fundraising right away and keep it up right to the day of the event.
3) Set a goal for yourself and remember there are prizes for the three adults and three kids (17 & under) that raise the most!
4) Collect your pledges before the day of the event and bring them with you to registration. Prizes will only be awarded based on what is collected by then.
5) Have fun!



REGISTRATION

Turn in completed registration form to the center that you are walking for or bring it with you to the event.

Full Name Age

Address

City State Zip Code

Phone Email

WAIVER (Must be signed)

I hereby release the S.A.Y. Yes! 5K, all representatives and agents of any of the forgoing, and all municipal agencies whose property and/or personnel are used, and other sponsoring or co-sponsoring company(ies), agency(ies), or individual(s) from responsibility for any injuries or damages I/my child may suffer as a result of my/my child's participation in the S.A.Y. Yes! 5K. I hereby certify that I/my child are in good condition and am able to safely participate in this event. I will additionally permit the use of my/my child's name and pictures in broadcasts, telecasts, newspapers, brochures, etc. and I also understand that the entry fee is non-refundable. As a participant, I certify that all the information provided in this form is true and complete. I have read the entry information provided for the event and certify my/my child's compliance by signature below. IF PARTICIPANT IS UNDER AGE 18: This is to certify that my son/daughter has my permission to participate in the S.A.Y. Yes! 5K, is in good physical condition, and that event organizers have my permission to authorize emergency treatment if necessary.

Signature of Walker Date

Signature of Parent if Walker is Under 18 Date

SPONSOR PLEDGES
Total Enclosed \$ Total Pledged \$