

epilepsy  
south eastern  
ontario

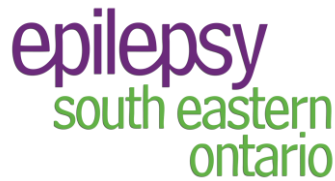


**PULL TOGETHER  
FOR EPILEPSY  
2016**

## **Team Registration**



For more information, call 613-542-6222 or  
email [events@epilepsyresource.org](mailto:events@epilepsyresource.org)



## Participant Information

Epilepsy South Eastern Ontario is a non-profit charitable organization dedicated to improving the quality of life for those affected by epilepsy and seizure disorders. We provide support, education, travel arrangements and advocacy services for those affected by epilepsy, and are a community resource for epilepsy education and awareness in Kingston, Frontenac, Lennox & Addington, and Leeds & Grenville counties. Epilepsy affects 1-in-100 Canadians. This is the 2<sup>nd</sup> most common neurological disorder, next to migraines. Thus, approximately 3,000 people in these areas are living with epilepsy, with many more individuals affected through family, friends, and co-workers. Ontario has the highest number of people living with epilepsy and seizures, reaching over 90,000 people in the region, this is higher than M.S, and Cystic Fibrosis combined. Our initiatives go particularly to advocating for children with epilepsy, through our educational initiatives with 5<sup>th</sup> grade classes in the region.

With goals of raising funds and awareness, Epilepsy South Eastern Ontario is excited to host our **fourth annual Fire Truck Pull; Pull Together for Epilepsy, on Sunday July 17<sup>th</sup>, 2016!** We would like to thank you for your interest in participating in this event! Please be sure to refer to the team requirements section of this package before completing registration.

### Event Details

**Date:** Sunday, July 17<sup>th</sup>, 2016

**Time:** 11:30am - 3:00pm

Registration: 11:30am - 12:45pm

Competition starts at 1pm

**Location:** Confederation Park - in front of Kingston City Hall (216 Ontario Street)

### Team Requirements

1. Maximum of **8 participants per team**.
2. Each participant must be **13+ years of age**.
3. Each member should raise **approximately \$100**, to reach the suggested **team goal of \$800**.
4. Each team **MUST** have a team name and spirited theme!
5. Each participant must fill out a **waiver form**.
6. Participants must bring their strength & energy the day of, to pull the Fire Truck of course!

## **The Competition**

There will be 4 different Category Awards:

1. The Overall Event Winner: combination of best pull time and most funds raised
2. The Fastest Pull
3. The Most Money Raised
4. The Best Team Spirit

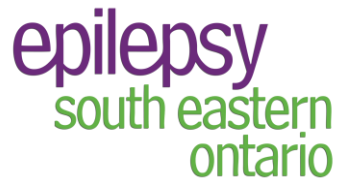
## **Fundraising Tips**

1. **Set a goal and start early**
2. **Tell your story**
  - What are you fundraising for?
  - Why is this cause important to you?
  - How will donations be used?

(See Page 2 above for info on epilepsy and Epilepsy South Eastern Ontario)

3. **Make use of social media**
  - Facebook, Twitter, Instagram
4. **Set small (but challenging) weekly fundraising targets**
5. **Get creative!**
  - Host a party
  - Collect your spare change for a month
  - Update your email signature with donation information
6. **Send a personalized thank you to your donors**

For more information on the Fire Truck Pull, raising funds, or information on epilepsy, please contact Epilepsy South Eastern Ontario at 613-542-6222, or email [events@epilepsyresource.org](mailto:events@epilepsyresource.org)



## Team Contact Information:

*\*Please fill out one per team\**

**Team Name:**

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**Team Captain:**

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*(Please select a Team Captain, who will be the primary contact for the Fire Truck Pull)*

### Team Members

Name	Email	Phone Number

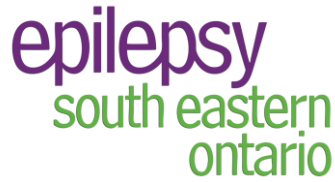
### Team Bio / Who Are You Pulling For?

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## Registration

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**\*Each team member must fill out this page\***

**Last Name:** \_\_\_\_\_ **First Name:** \_\_\_\_\_  
**Address:** \_\_\_\_\_ **Postal Code:** \_\_\_\_\_  
**Phone:** \_\_\_\_\_ **Email:** \_\_\_\_\_

### ***Please Don't Forget to Sign the Waiver***

Epilepsy South Eastern Ontario, event sponsors, volunteers and organizers accepting this entry, hereby for myself, my heirs, executors and administrators waive and release any and all rights and claims for damages sustained by me as a result of this event, for any cause whatsoever including negligence. It is expressly understood by the undersigned that this *FIRE TRUCK PULL* is entered into at the sole risk of the undersigned and that the organizers and sponsors of the event are exempt from liability for any and all damages sustained and all injury and loss, including personal and property loss arising from any cause whatsoever, including negligence. I warrant that I am physically fit to participate in this event. I hereby recognize that my photograph, electronic image and/or video image may be captured during this event. I give permission to the organizers and their volunteers to use these images through any media at any point in time. I assign and transfer the organizers any and all rights, including copyright.

I acknowledge having read, understood and agreed to the above waiver, release and indemnity. All participants must be 13+ years old.

**Signature:**

**Date:**

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(Parent/Guardian if under age 18)



## Team Funds Tracking Sheet

**TEAM:** \_\_\_\_\_

Please record the team's total for cash, cheques, and on-line pledges.

Bills/Coins	Number	Total
\$100.00		
\$50.00		
\$20.00		
\$10.00		
\$5.00		
\$2.00		
\$1.00		
Coins		
	<b>Total CASH</b>	
	<b>Total Cheques</b>	
	<b>On-Line Pledges</b>	
	<b>TOTAL</b>	



<b>Name of Donor</b>	<b>Mailing Address</b>	<b>Email</b>	<b>Pledge Amount</b>	<b>Cash or Cheque</b>

*Please make all cheques payable to **Epilepsy South Eastern Ontario***