

Presents the first annual 5k



**Saturday, June 28, 2025**  
**Walk Day Schedule**

- 8:00 AM Check-in
- 9:00 AM Welcome
- 9:30 AM Walk Begins
- 10:30 AM Refreshment Break
- 11:30 AM Walk Ends
- 12:00 PM Closing Remarks & Awards

**Download All the Resources You Need to Promote this Event.**

Posters • Flyers • Prize Sheets • “Sponsor Me” Postcards & Business Cards • Group Sign-Up Sheets  
Extra Pledge Sheets • Fundraiser Toolkit • Social Media Images & More



Join us for our first ever 5k



**Saturday, June 28, 2025**  
**Chambers Creek Regional Park**

Event Sponsor





**Saturday**  
**June 28, 2025**  
Chambers Creek Regional Park

**My personal fundraising goal is \$** \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_  
(For email communications from Care Net of Puget Sound only)

My Church \_\_\_\_\_

**The PNW Walk for Life will be held at Chambers Creek Regional Park at 96320 Grandview Dr W, University Place.**

### Are you a part of a team?

A team consists of three or more fundraisers. Each fundraiser must have their own pledge sheet and/or online fundraising page.

Team Name \_\_\_\_\_

Team Captain Name \_\_\_\_\_

I am participating as:

Individual  Team Captain  Team Member

### Fundraising Online?

1. Go to PNWWalkForLife.org.
2. Click the "Register link and follow the prompts.
3. Create your own fundraising page.
4. Promote your page to everyone you know using email and social media.



All contributions are tax-deductible.  
Care Net of Puget Sound is a 501(c)(3) non-profit ministry.

Name Bob Smith Phone 234-567-8901

Address 123 Rainy Day St

City Seattle State WA Zip 98202

Email b.smith@random.com  
(For email communications from Care Net of Puget Sound only)

**Pledge:**  \$100  \$50  \$25  Other \_\_\_\_\_

Bill Me  Paid Cash  Paid Check # 567 Date: 6/9/2025

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_  
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### Your Pledge Will Save Lives!

#### Prevention

Our Smart Programs offers free presentations educating students in public and private schools on healthy relationships. Schedule a presentation at [RealSmarts.org](http://RealSmarts.org)

#### Intervention

We provide women facing unplanned or unsupported pregnancies with life-affirming care in our clinics through pregnancy tests, consultations and ultrasounds, empowering and equipping them to choose life. [CareNetPS.org](http://CareNetPS.org)

#### Transformation

Through spiritual support, parenting classes, men's programs, material assistance and life-affirming referrals, parents receive the support they need to thrive. [CareNetPS.org](http://CareNetPS.org)

### Raise Funds, Change Lives, and Earn Exclusive Prizes!

Funds must be raised and T-shirts ordered by **June 10 deadline.**

PNW Walk for Life T-shirt



**\$150**

T-shirt and PNW Walk for Life Hat



**\$500**

T-shirt, hat and PNW Walk for Life Bluetooth Speaker



**\$1000**

Download Additional Forms at [PNWWalkForLife.org](http://PNWWalkForLife.org) or call 253-383-6033.