



FREQUENTLY ASKED QUESTIONS

What is the Walk-Or- Wheel?

Walk-Or-Wheel (WOW) is a pledge-based fundraiser in support of EAFWR where participants walk, run or wheel a 1K, 3K or 5K trail.

When and where is Walk-Or-Wheel 2019 taking place?

The 2019 Walk-Or-Wheel will take place on **Saturday June 1, 2019 from 9:30 AM- 1:00 PM at the [Kingsdale Community Centre](#)**, in Kitchener. 72 Wilson Ave, Kitchener, ON N2C 1G5 The Kingsdale neighbourhood is in behind Courtland Avenue and Fairview Park Mall in Kitchener.

What can people expect at the Walk-Or-Wheel?

Registration opens at 9:30 AM and the walk/run/wheel begins at 10 AM –the trail is measured in 1K, 3K, 5K lengths – this is a loop.

People can sign up as a team, or individuals. There are prizes for the top fundraisers in group, adult and child categories.

Lunch is served at 11:30 AM – family friendly crafts and activities are from 11 AM – 1PM. We also will have a fun live band.

What are registration costs?

You can participate in one of two ways; gather a minimum of **\$50** in pledges per person and your registration fee is waived (we want to encourage this option!)

Or pay to register:

Adults 12+ fee: \$30.00 entrance fee

Kids 2-11: \$20.00 entrance fee

2 and under are free

All paid registrants (pledge or fee based) receive the same benefits

Are the venue and trails accessible?

Yes, fully, as is the playground.

Is there a nearby transit stop?

Yes- the GRT (7F & 8) and the hopefully soon to be operating LRT both have stops nearby.

How can people register for Walk-Or-Wheel?

You can sign up online on our Canada Helps page, be directed to the signup page through the EAFWR website or download a hard copy of the registration form via either of those two options. Registration will remain open until Friday May 31st at noon.

We can only guarantee T-shirt sizes if participants sign up by Thursday May 9th, 2019

Participants are also able to drop their cash pledges and/or pick up their shirts before the event on Friday May 31st, at the EAFWR office at 91 Moore Avenue Kitchener N2H 3S4.

How many people can be on a team?

We suggest 6 – 10 people. A great way to raise funds as a team is by an event, like a bake sale or a used book sale, everyone loves a lemonade stand! There is always money in a banana stand.

How can I gather pledges to support the Walk -Or-Wheel?

We are here for you each step of the way! A great way to start is by setting a goal for your fundraising efforts. If you find a way to your friends, family and neighbours know why EAFWR is important to you, they will be happy to support. Keep it simple and heartfelt!

E.g. "I am participating in an upcoming fundraiser, it is in support of EAFWR, and I am going to walk, run or wheel for 5 kilometres. All the proceeds go towards people and families living with disabilities in Waterloo Region. EAFWR is important to me because....

Will you please help me reach my goal of \$_____ for the 2019 Walk-Or-Wheel?

Thank you!

Participants are required to collect pledges and gifts. Online donations will be sent directly to EAFWR.

When will tax receipts be issued for donations?

When someone make a pledge or a donation online, they are automatically issued a tax receipt. They will receive this almost very quickly after completing their transaction, it will be delivered electronically and sent to their email address. This is done through the online portal of Canada Helps.

Donations made in person, will be issued as soon as possible after then event. These will only be made for gifts of \$20 and up. Canada Revenue guidelines require full name and address.