

FREQUENTLY ASKED QUESTIONS

What is Walk-or-Wheel?

Walk-or-Wheel (WOW) is a pledge-based fundraiser in support of EAFWR. In the past, WOW has been a 5km walk, followed by lunch and family-friendly activities. Unfortunately, as we are not able to gather together safely this year, we've come up with another plan!

This is the Walk-or-Wheel event that you have come to know and love - only better! We've taken all of the parts of WOW that are amazing and we have added a new twist that we hope you enjoy.

This year, we are challenging everyone to participate in WOW 2021! Regardless of your fitness or activity level, this year's format is flexible and sure to be a hit with everyone in your family or network. Participate solo, with your Direct Support Person, or your family - everyone can get involved and have some fun!

Instead of walking all together this year, the **WOW Activities Passport** includes a number of different activities for you (and your team) to participate in, located around Waterloo Region, that will get you active, exploring, and enjoying some fresh spring air! We also have a number of virtual activities that you can do online right from your home!

When and where is Walk-or-Wheel 2021 taking place?

This year, Walk-or-Wheel 2021 is taking place from June 1-14, 2021 over a two week period! This will be a self-guided event this year and you get to pick and choose your activities. You can choose to participate outdoors in many of our activities or from home, online. You choose what works best for you!

What are these challenges and activities you are talking about?

This year, Walk-or-Wheel 2021 challenges you to collect pledges and complete as many challenges as you can! You can keep track of all of the challenges in your WOW Passport, which will be available for safe pick up on May 31st at our Pre-Registration (see the question below for more details). You can check out our [Resource Section](#) and share your adventures with us on [Facebook](#), [Twitter](#) and [Instagram](#) by **tagging @eafwr** and **using the hashtags #WalkorWheel #virtuallyBetterTogetherWR**

Are the activities and challenges accessible?

Yes! We have done our very best to ensure that we have offered accessible activities and challenges for all! As much as we have researched our resources, we encourage participants to do their own research beforehand to ensure that the activity and/or challenge can accommodate your specific needs.



JUNE 1-14, 2021

Raising funds to champion
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There is always food and event t-shirts at Walk-Or-Wheel. What do participants receive this year?

Yes, it's true. We at EAFWR love our food and believe that food brings people together - our two favourite things. Since we can't be together this year, we are putting together snack bags for each registered participant which will be full of delicious and energizing snacks to help get you through all of the challenges!

Unfortunately we don't have event t-shirts available this year but feel free to wear a shirt from previous years and be sure to tag us on social media - we want to see them! But if you are super excited about a t-shirt, we encourage you to check out our t-shirt stencils and make your own shirt! You can find them on our website!

In order to help you keep track of your progress in completing the challenges, we are providing each participant with an EAFWR lanyard and WOW Activities Passport which you can carry with you as you complete the activities. Be sure to check them off as you complete them!

Did you say Snack Bag and Passport? How do I get one?

It's easy! Just drop by Extend-A-Family Waterloo Region on May 31st from 4:00 - 7:00pm - we'll be set up by the WALES building at the back of the parking lot. Snack bags and Passports will be available for all registered participants! This is also a great opportunity to also drop-off any cash/cheque pledges you have collected **OR** get registered, grab your pledge sheet and your snack bag and passport.

If you can't attend on May 31st, you can drop by the office anytime from June 1-14 to pick up your snack bag and passport and/or drop off pledges.

What are the registration costs?

Nothing. Nada. Zilch. We have waived all registration costs this year in order to remove a barrier to participation. It's our hope that by waiving the registration fee, we'll have more people participating across Waterloo Region from June 1-14, 2021.

How can people register for Walk-or-Wheel?

You can sign up online through the EAFWR website (walkorwheelwr.ca) or download a hard copy of the registration form. Registration will remain open for the duration of our virtual event from June 1st-14th.



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What if I don't want to register online? What do I do with the pledges I have collected?

Thank you so much for collecting pledges in support of Extend-A-Family Waterloo Region! You are awesome! You can drop your pledges off at our office at 91 Moore Avenue, Kitchener, N2H 3S4 between 9:30 a.m. - 4:00 p.m., Monday through Friday but we'd rather see you at our Pre-Registration on May 31st, 2021. **(See above for more information).**

How many people can be on a team?

We suggest 6-10 people. A great way to raise funds as a team is 10 people. A great way to raise funds as a team is to have a little friendly competition with another team and see who can raise the most money in support of Extend-A-Family Waterloo Region.

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

We are here for you each step of the way 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 let your friends, family and neighbours know why EAFWR is important to you, they will be happy to support you. 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 complete a list of challenges and activities throughout Waterloo Region. All the proceeds will 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 2021 Walk-or-Wheel? Thank you!

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

How will you know if I participated in the challenges and activities?

Well, the honest answer is, we won't, but we hope that you'll check out our awesome list of activities, challenges and resources that we have specially put together just for you! Since we will miss seeing you at an in-person WOW event this year, we'd love to see you on social media! **Everyone who tags @eafwr and uses the hashtags #WalkorWheel #virtuallyBetterTogetherWR in a social media post will be entered to win a \$50 gift card to a local restaurant or shop of their choice.**



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When will tax receipts be issued for donations?

When someone makes 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 CanadaHelps, the online portal we use. Donations made in person will be issued as soon as possible after the event. Tax receipts will be issued for gifts of \$20 and up. Canada Revenue guidelines require a full name and address so please be sure to collect all of the necessary information on your pledge form.

How do you afford to run an event like this?

Great question! We rely on the kindness and generosity of our partners and sponsors to help us raise funds for the work we do to support people living with a disability in our community. This year, we are super excited to announce that [Armitage Technology Group Inc.](#) is sponsoring us again this year and they continue to be a leader in inclusion in our community.



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