

Longevity Toronto Canada  
Mother's Day Charity Walk  
May 12, 2019

Participants:

1. Welcome participants from All ages
2. Participant must sign the waiver
3. Parent or Guardian must sign the waiver for participants under age of 18
4. Due to the large number of participants, there will be 4 set off time.  
Please come to the park at your designated time.
5. Dress Code Suggested: Pink T-shirt
6. Bring your own drinking water, we provide refreshment after the Walk
7. Minimum pledge per participant (age 10 and above) is \$25
8. Children under 10 years old is free to join the Walk, parent or guardian must sign the waiver
9. All the funds will go to Longevity Toronto Canada
10. We can issue receipt (Not a Tax Receipt) to individual or firm upon request.
11. We can take cash or cheque only  
Cheques please make payable to: Longevity Toronto Canada
12. Please fill up the entry form clearly and completely. If you have LTC#, please fill it up as well.
13. Once you collect all the pledges, please hand in the pledge form and funds to the Centre Lead.  
In return, you will receive a color wrist band.  
Please wear the wrist band to the park on May 12<sup>th</sup>.  
The fund raisers will receive a LTC cap and a LTC lapel pin.
14. Please follow the instruction given by the volunteers at the park
15. Parking spots are limited, first come first serve
16. Volunteer will lead a 10-minutes warm up before setting off
17. Let's keep the park clean, leave no garbage behind
18. there is portable washroom. There is washrooms inside the Milliken Park Community Recreation, it's about 8 minutes walking distance from the Park.
19. Any inquiries, please call Paul Lai 416.930.9128
20. Enjoy a walk with your mother, family and friends at the Park!

加拿大多倫多長生學協會  
母親節慈善行  
2019 年 5 月 12 日

參與者：

1. 歡迎所有年齡人士參與
2. 參與者必須簽署豁免書
3. 家長或監護人必須為 18 歲以下的參與者簽署豁免書
4. 由於參與者人數眾多，將有 4 個出發時間。請你在指定的時間來到公園
5. 服裝要求：建議粉紅色 T 恤
6. 請自己帶水，步行後我們有茶點供應
7. 每位參與者（10 歲及以上）的最低贊助款項為 25 加元
8. 10 歲以下的兒童可以參加步行，但必須要父母或監護人簽署豁免書
9. 所有籌到款項都捐給 Longevitology Toronto Canada
10. 我們可以應要求發出收據（非退稅收據）給各界人士或公司。
11. 我們只能收現金或支票，(支票抬頭請寫：Longevitology Toronto Canada)
12. 請清楚填寫步行報名表。如果你有 LTC #，亦請填寫。
13. 收到所有贊助款項後，請將款項和贊助表格交給調整站長。  
每位參與者會有一個腕帶以便識別。  
請在 5 月 12 日戴上腕帶到公園。  
每位籌款人將獲得 LTC 帽子一頂和 LTC 別針一枚。
14. 請遵循我們義工的指示
15. 停車位有限，先到先得
16. 步行前有義工帶領做 10 分鐘的熱身運動
17. 請大家保持公園清潔
18. 公園內有便攜式洗手間。  
另外 Milliken 社區中心內有洗手間，距離公園約 8 分鐘步行路程。
19. 如有任何查詢，請致電 Paul Lai 416.930.9128
20. 祝大家有一個溫馨愉快的母親節！