

PARTICIPANT INFORMATION (PLEASE REMEMBER TO PRINT CLEARLY)

First Name _____ Last Name _____
 Address _____ Apt.# _____
 City _____ Province _____ Postal Code _____
 Email _____
 Preferred Tel # Home _____ Work _____
 Preferred Language English French
 T-shirt Size (Youth M, S, M, L, XL, 2XL, 3XL): _____ Received T-shirt on-site

PRIZING
 • I wish to donate my prize back to Crohn's and Colitis Canada to stop these diseases

TEAM INFORMATION

I am participating as part of a: Family/Friends Team Company Team School Team
 Team Name _____
 Team Captain _____
 Company Name/School Name _____

GENERAL INFORMATION

Age range: 13 and Under 14-25 26-49 50+
 Male Female
 Do you know someone with Crohn's disease or ulcerative colitis?
 No Myself Family member Other
 Are you a returning Gutsy Walk participant? Yes No

WALK LOCATION:

CROHN'S AND COLITIS CANADA

1 in 150 Canadians lives with Crohn's disease or ulcerative colitis – children, parents, friends...our loved ones.

Crohn's and Colitis Canada is the only national, volunteer-based charity focused on finding cures for Crohn's disease and ulcerative colitis. We invest in transformative research, patient programs, advocacy and awareness to improve the lives of children and adults affected by these chronic diseases. As one of the top two health charity funders of Crohn's and colitis research in the world, we have invested over \$100 million since 1974 in research to find the cures and develop new treatments.

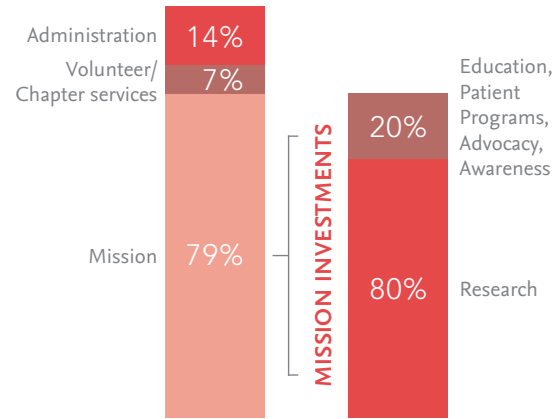
Join us on Sunday, June 4, 2017, when Canadians coast to coast will walk united at Crohn's and Colitis Canada's 22nd annual Gutsy Walk. Together we will stop the pain, the multiple surgeries, and the missed moments.

HELP ME REACH MY FUNDRAISING GOAL: \$ _____

IMPORTANT DONOR INFORMATION:

- Please remember to print clearly.
- Tax receipts will be issued for pledges of \$15 or more ONLY IF THE ADDRESS IS COMPLETE, LEGIBLE, and INCLUDES ACCURATE POSTAL CODES. Where an email address has also been provided, a receipt will be emailed.
- Do not record online pledges on this form.
- All cheques payable to Crohn's and Colitis Canada.

USE OF NET FUNDRAISING REVENUE



Donor Name Email address / Telephone number	Address	Credit Card number and Expiry	Pledge Amount Payment Method	Paid	Tax Receipt
First/Last <input type="checkbox"/> This is a Company	City Prov. Postal Code	Expiry MM/YY	\$ _____ Cash <input type="checkbox"/> Cheque <input type="checkbox"/> Credit Card <input type="checkbox"/>	Paid <input type="checkbox"/>	Tax receipt required <input type="checkbox"/>
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I would like to pay the unpaid balance of my donors' pledges in full by credit card.
 Credit Card # _____ Expiry MM/YY _____ Balance Paid \$ _____



Crohn's and Colitis Canada
 600 – 60 St. Clair Avenue East, Toronto, Ontario M4T 1N5
 416 920-5035 or toll free: 1 800 387-1479

FOR OFFICE USE ONLY:

Total Cash \$ _____ Page Total \$ _____
 Total Cheque \$ _____ # of pages _____ of _____
 Total Credit Card \$ _____ Total of all paid pledges \$ _____
 Grand Total \$ _____

Waiver/Release: In consideration for participation in the 2017 Gutsy Walk ("Walk"), I waive and release any and all claims that I and/or my heirs, executors, administrators, agents, insurers, assigns and other legal representatives have or may have against Crohn's and Colitis Canada and its administrators, trustees, officers, directors, agents, employees, volunteers, successors, affiliates, sponsors and other legal representatives, both present and future for any accident, injury, illness, death or other claim, in law or equity, which may result, directly or indirectly, from my participation in the Walk. I permit the use of my name, amount raised, picture and video to be used in any and all forms and types of publicity produced in connection with the Walk or Crohn's and Colitis Canada including, but not limited to, the purposes of marketing, promoting or otherwise reporting relating to the Walk or Crohn's and Colitis Canada. I am physically fit to participate in the Walk. I have read, understand and agree with the content of this waiver/release prior to participating in the Walk. If participant is under the age of majority, I confirm I am the parent/guardian of participant and sign this waiver/release on his or her behalf.

Email Permission: Email is used to communicate with our event participants in the most efficient way possible. Please indicate here if you do not wish to receive Gutsy Walk email communication.
 I would like to receive 'Talk About Guts' (e-newsletter) and occasional email updates from Crohn's and Colitis Canada.

Signature of Participant or Guardian (if under age of majority): _____ Date: _____ gutsywalk.ca



*Crohn's and Colitis Canada reserves the right to substitute prizes of equal or greater value.

Be a fundraising champ! Raise more and get more chances to win one of our exciting contests. Learn more at gutsywalk.ca/contests.

NATIONAL TEAM CONTESTS

All Kids Club members who raise a minimum of \$500 will be entered into a draw to win \$300 in gift cards*. Raise \$1,000+ and receive two additional entries.

GET GUTSY KIDS CLUB CONTEST

Everyone who registers online and raises \$50 by March 31st will be entered into a draw to win great prizes including a year's supply of Cashmere® or Purex® Bathroom Tissue.

Online 'MARCH MADNESS' CONTEST

- Commit to achieving Top Pledge Earner status and set your fundraising goal to \$1000+. Club benefits include:
- Gift cards* valued at \$85 or more
- An invitation to join us on event day at the START line to kick off the walk
- Exclusive Club T-shirt provided on Walk day
- The knowledge of knowing you are one of the GUTSIEST in helping us make it stop!

Top Pledge Earner Club

1. ASK! One of the main reasons most people have donated is because they were asked.
2. 1st PLEDGE COUNTS, make it a good one.
3. MAKE A PERSONAL PLEDGE and jump-start your fundraising.
4. HOST TEAM FUNDRAISING EVENTS: bake sales, garage sales, and dress down days, etc.
5. ASK YOUR EMPLOYER about their "Corporate Matching" program.
6. MORE GREAT TIPS...visit gutsywalk.ca.

ADDITIONAL TIPS:

1. It's cost effective; more money for research!
2. On average, Gutsy Walk participants who fundraise online raise 78% more.
3. Ability to customize your Participant page, share your story, and add a photo/video!
4. Worldwide reach: contact everyone you know through email and social media!
5. Electronic receipts are automatically issued for ALL online donations of \$15+.
6. It's simple, effective and secure!

FUNDRAISE ONLINE!

Designed to make your fundraising efforts a complete success, benefits include:

PARTICIPATE IN GUTSY WALK AS A TEAM OR AS AN INDIVIDUAL WALKER!

It takes teamwork to stop Crohn's and colitis. Enhance your fundraising goals and create teams of family, friends, and co-workers. Here is how...

- Identify a team captain.
- Register online to participate in Gutsy Walk: gutsywalk.ca.
- Recruit walkers to join your team!
- ASK – your family and friends, those closest to you to join your family team!
- ASK – your co-workers and their families, clients or suppliers to join your workplace team!
- ASK – teachers, students, parents or support staff from your school to join your school/college team!

- Set a GOAL! How much do you plan to fundraise for a cure? AIM HIGH! On average our teams target \$2,000.
- For more information on the importance of fundraising in support of Crohn's and Colitis Canada's funded research, or to access fast facts, visit gutsywalk.ca.

It takes guts to make it stop.

gutsywalk.ca

2017 FUNDRAISING REWARDS

2017 PRIZES*

Raise \$100 and above to receive a Gutsy Walk T-shirt and if eligible, one of these exciting prizes:



Amount Raised	Prize Item
\$100+	Gutsy Walk T-shirt (received at event)
\$250+	\$10 Gift Card* + T-shirt
\$500+	\$25 Gift Card* + T-shirt
\$1,000+ TOP PLEDGE EARNER CLUB	
\$1,000+	\$85 Gift Card* + T-shirt
\$2,500+	\$200 Gift Card* + T-shirt
\$5,000+	\$400 Gift Card* + T-shirt
\$10,000+	\$850 Gift Card* + T-shirt

*Crohn's and Colitis Canada reserves the right to substitute prizes of equal or greater value.

*Prizing Notes:

- PARTICIPANTS WHO WISH TO DONATE THEIR PRIZE BACK can do so by selecting the prize waiver option located on the front of the pledge form.
- For prizing purposes, the definition of a team is 2+ members.
- Reminder, only ONE prize per registered participant. TEAM donations will not count towards individual prizing.
- Please allow 8-10 weeks for receipt of prizing.

NATIONAL HONORARY CHAIR



Jeremy Rutman (middle) with his mother and his sister

Jeremy Rutman, 2017 Gutsy Walk National Honorary Chair

You probably wouldn't think I was sick just by looking at me. Not many people do. But I've seen more doctors' offices and emergency rooms than most other 21-year-olds. That's because for the last 15 years I've been living with Crohn's disease.

Crohn's disease has a habit of throwing something new at you every day. Some days it's excruciating abdominal pain. Some days it's energy-draining fatigue. Some days it's the need to use the washroom over 20 times. Yet some days I'm just fine – and that's all some people see.

That's the nature of Crohn's and colitis, and the unpredictability of these diseases means people like me have two options: let the fear overwhelm you, OR... face it head on, grow as an individual, and become a change-maker. I've chosen the latter.

On Sunday, June 4, 2017, walk with me and help bring visibility to these unseen diseases. Together, we can stop the pain, the surgeries, the missed moments. We can **make it stop. For life.**

GUTSY WALK FOR CROHN'S AND COLITIS

CROHN'S AND COLITIS CANADA



ARE YOU READY TO MAKE IT STOP?

Join us at the 22nd annual Gutsy Walk

Sunday, June 4, 2017

Register online to participate, donate or volunteer.

It takes guts to make it stop.