

## Register Walkers

Go to [www.PWCF.org/WalkingForPWS/](http://www.PWCF.org/WalkingForPWS/) to register online or mail this form to:

1855 First Avenue Suite 201  
San Diego, CA 92101

### Choose Your WALK Site

- ☐ San Diego Area ☐ Long Beach  
☐ San Francisco ☐ Virtual Walk

### I/We WALK in honor/memory of:

☐ Individual Walker \$30.....\$ \_\_\_\_\_

☐ Family/Team of Up to 10 people \$75.....\$ \_\_\_\_\_

Number of Walkers \_\_\_\_\_

☐ PWS Virtual WALK Signs @ \$50 each \$ \_\_\_\_\_

☐ Footprint Sign(s) @ \$200 each.....\$ \_\_\_\_\_

☐ Donation to support PWCF families.....\$ \_\_\_\_\_  
TOTAL .....\$ \_\_\_\_\_

- ☐ Enclosed is my check made payable to PWCF  
☐ Please charge my credit card

\_\_\_\_\_  
Name

\_\_\_\_\_  
Address

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

\_\_\_\_\_  
Email Phone

\_\_\_\_\_  
Credit Card #

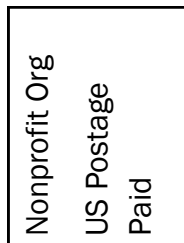
Expiration Date \_\_\_\_\_ Security# \_\_\_\_\_

Corporate Matching: \_\_\_\_\_

### Waiver

I/we voluntarily enter into this event at my/our own risk. I/we waive any and all claims for myself and heirs, executors, and administrators and release any and all rights and claims for damages I/we have against Prader-Willi California Foundation (PWCF), sponsors and volunteers for any illness or injury which may directly or indirectly result from my/our participation in the Walking for PWS event. I/we hereby grant full permission to use my/our photographs of my/our participation in the event for any publicity and/or promotional purposes without obligation or liability to me/ us. I/we understand that in the event this Walk cannot be held as scheduled due to an act of God or circumstances beyond control, PWCF is not liable to refund any money paid to participate or sponsorships collected. I/we will not overextend or overexert myself/ourselves.

Signature \_\_\_\_\_ Date \_\_\_\_\_



1855 First Avenue, Suite 201

San Diego, CA 92101



# Walk Sites

## San Diego Walk

Saturday, April 4, 2020

**Balboa Park** On the west side of Balboa Park just north of the intersection of Sixth Ave and Laurel St.

Check in: 10:30 am

Walk begins: 11:30 am

Pack a healthy lunch.



## Long Beach Walk

Sunday, May 3, 2020

**El Dorado East Regional Park (Garden Grove Picnic Area)**

7550 East Spring St., Long Beach, CA 90815

Parking: \$7 cash.

Check in: 10:30 am

Walk begins: 11:30 am

Sandwiches will be provided.



## San Francisco Walk

Saturday, May 9, 2020

**Little Marina Green**

800 Marina Blvd., San Francisco, CA 94123

Check in time: 10:00 am

Walk begins: 11:00 am

Pack a healthy lunch.



After each walk there will be fun activities for the whole family! See PWCF.org or our Facebook events for parking directions.

# Walking for PWS

PWCF's "Walking for PWS" events bring hundreds of people together to raise awareness of PWS all around California.

These annual picnics create an opportunity for families to gather and enjoy an afternoon of dancing, bonding, games and more. Come join us for some fun!



## About PWCF

Individuals with Prader-Willi syndrome should have the opportunity to pursue their hopes and dreams to the full extent of their talents and capabilities. Prader-Willi California Foundation is the only PWS organization in California that provides education, support, and advocacy services to persons with PWS, family members, and the professionals who serve them.

Contact us to learn more:

Email: [info@pwcf.org](mailto:info@pwcf.org)

Phone: (310) 372-5053 or (800) 400-9994 (toll free)

Website: [PWCF.org](http://PWCF.org)



# Awareness & Fundraising

Awareness starts with you! Invite your friends, family or coworkers to join us. The more people we can get to join, the more awareness we can spread across California.

Easy ways to raise awareness:

- Find out if your company has a matching donation program, and bring a sponsor form to work to collect donations. Visit [PWCF.org](http://PWCF.org) or contact the office for the sponsor form.
- Share your team's walk page with everyone you know.
- Have your friends and family visit our website: [PWCF.org](http://PWCF.org)
- Share your own posts on social media with the hashtag: #PWCFcares
- Scan the QR code with your phone to see our informative YouTube videos.



## Post a Walk Sign

Can't attend a walk in person? Host your own walk in your neighborhood with your loved ones. Visit: <https://pwcf.org/product/yard-sign/> to purchase your Walk sign. Post your sign and leave it up during PWS Awareness Month in May or even the entire year.

## Footprint Signs

Personalize a Footprint Sign and we will post it along the walk path of your choice. Imagine the joy on your loved one's face when they see a sign with their name on it! Corporate signs welcome.

Print Your Footprint Message:

\$200 each. Deadline is 20 days prior to the WALK.

Number of Footprint Signs: \_\_\_\_\_

Post Footprint Sign(s) along the WALK path at:

☐ Long Beach ☐ San Francisco ☐ San Diego

