



30TH ANNIVERSARY TORONTO CHALLENGE



Calling all walkers and sponsors!

Help us raise \$10,000

The Toronto Challenge is a community walk and run that raises money for non-profit organizations that are improving the quality of life for seniors. Every dollar raised for Team ESS will directly support the programs our seniors, older adults and caregivers use.

When and Where: Sunday, June 11th (8:45am warm-up, 9:30am start time) at Nathan Phillips Square/Toronto City Hall.

How you can contribute:

1. **Register to walk or run** (5k run, 5k walk or 1k walk options). This is a family-friendly and accessible event for all ages and abilities. All are welcome to participate! **Registration fee is \$20 Adult and \$10 Youth under 14 or Senior over 65. Deadline to register is May 31st** Registration form attached.
2. **Raise funds.** Every walker/runner who raises at least \$100 will have their registration fee reimbursed by ESS.
3. **Sponsor Team ESS.** Sponsor a specific walker/runner or the whole ESS walking team by making a donation. See below for donation information.

WALKERS/RUNNERS:

Our goal is to raise \$10,000 as a team for ESS. We encourage you to contact people you know to sponsor your walk/run through a donation. Donations as little as \$10 are eligible for a tax receipt.

Donations can be made in two ways:

1. **Online.** Make a secure donation on our team page: www.canadahelps.org/en/charities/ess-support-services/p2p/TorontoChallenge2023
2. **By cash or cheque.** Cheques are made payable to "Etobicoke Services for Seniors". Please use the provided Pledge Form to keep track of sponsor's contact information and the amount pledged/paid for tax receipt purposes.

If you would like to join the ESS team, please complete the attached registration fee and email it to Jairo Marin at jmarin@esssupportservices.ca.