



CANADIAN/AMERICAN
SPINAL RESEARCH
ORGANIZATIONS

RESILIENCY IN MOTION

PRESENTING SPONSOR



VIRTUAL 5K
RUN/WALK/WHEEL

SEPTEMBER 19, 2020

11AM

RACING KIT

WELCOME TO TEAM CURE

Thank you for joining our race team for our Resiliency in Motion 5K Virtual Race!

Your support means more than ever as we attempt to navigate the challenging fundraising environment this year has presented us with.

But with the help of our friends and family we are hopeful that we can overcome the difficulties of fundraising in 2020 and continue to do the important work that we have been working towards for over 34 years.



RESILIENCY 5K 2020 - A VIRTUAL EXPERIENCE

In response to the current pandemic, and in light of the cancellation of all of our fundraising events in 2020 we have decided to focus our efforts on our Resiliency in Motion 5K Virtual Race this fall.

The race will happen on Saturday, September 19th at 11am both in person at a location in Richmond Hill and virtually

As a fundraiser and participant in the race, you have received this Racing Kit, and with a minimum of \$75 funds raised you will also receive a package with a Race Day tshirt and a Virtual Certificate upon completion of the race.

THANK YOU FOR JOINING US!

WELCOME TO TEAM CURE

Step 1.

Log into Fundrazr with your unique link and create your fundraising profile.

Step 2.

Who are you going to ask to join you on the virtual 5k? Ask your friends and family if they can join the cause and come on as racers in the Resiliency 5K along with you.

Step 3.

If they can't join you in the race, ask them if they'll pledge their support with a donation for your run! Every little bit helps - we hope every racer participating will raise or donate \$75 in donations for the cause.

Step 4.

Get ready to run, walk, or wheel the 5K - train as much as you need to make your race a success!

Step 5.

Race Day! Show up to your favorite destination at 11am on September 19th and begin your 5K! You could also choose to join us in person at the CSRO Race location in Richmond Hill (TBD)

Remember to stay connected on social for reminders, updates, and race information that you can share with your friends and family to make your fundraising efforts as simple as possible!