



february 25, 2017
it's cold out there

Chrysalis House



It's cold out there.

On February 25th, **Chrysalis House** is hosting the **Coldest Night of the Year**, a 2, 5 & 10 km winter walk hosted in 110+ cities across Canada in support of our work here in **Kanata** with the hungry, homeless, and hurting.

- **GOAL:** With your help, our goal is to raise **\$20,000** by February 25th, 2017!
- **HOW:** To accomplish our goal, we're looking for **10** team captains (of all shapes, sizes and ages) who will recruit 7-8 friends to their team, with a goal of raising \$2000 per team. Of course, we're also looking for a whole pile of walkers to join each of our teams and help us raise the funds.
- **TOQUE BONUS:** Every walker who raises either \$75 (youth 17 and under) or \$150 (for adults) gets our famous Coldest Night toque.

* contact

See reverse for instructions on how to start or join a team online today.

If you have any questions or need promotional materials please contact us below:

Director: Katrina Guerin
Phone: 613-591-3686 ext 286
guerin@wocrc.ca

* get started

HOW TO CAPTAIN A TEAM FOR CHRYSALIS HOUSE

Once you've registered, your team and name will show up on the Scoreboard and on our location page too! (Note: it takes 5-10 minutes to appear.)

- Visit cnoy.org and click the **REGISTER** button at the top of the page
- Click the big **START A TEAM** button and create your new account (or sign in to your account from last year)
- Select the **LOCATION** where you'll be walking and continue (**KANATA**)
- Click to accept the **WAIVER** and continue
- Under **REGISTRATION TYPE**, click **CREATE A TEAM**
 - Name your team (and if you wish, write a brief description)
 - Accept or increase your fundraising goal (this can be edited later)

Once you've registered, your team will show up on our Chrysalis House page, which is:

canada.cnoy.org/location/kanata

You can begin recruiting team members and raising funds immediately!

HOW TO JOIN A TEAM FOR CHRYSALIS HOUSE

If you would like to walk with us and have no team to join, please contact us directly by email/phone (see contact section on the flip side) and we'll connect you to our main team or help you find another. Here's how to register:

- Visit cnoy.org and click the **REGISTER** button at the top of the page
- Click the big **JOIN A TEAM** button and create your new account (or sign in to your account from last year)
- Select the **LOCATION** where you'll be walking and continue (**KANATA**)
- Click to accept the **WAIVER** and continue
- Click **JOIN A TEAM** (or register individually if you wish and join a team later)
- Search for your **TEAM** by name or captain name
 - Select that team from the list and proceed to complete registration