



**SUNDAY, May 28, 2017**

*Canadian Forces Base, Edmonton Garrison*



## **We know there is a warrior in the heart of every woman. She is strong, determined and powerful.**

Easter Seals Alberta is excited to host our 2<sup>nd</sup> Annual Woman2Warrior Edmonton fundraising event, which is a women's only charity obstacle adventure race. It will be held on Sunday, May 28<sup>th</sup> at the Canadian Forces Base, Edmonton Garrison.

### **EVENT**

Woman2Warrior Edmonton is an optional timed walk/run covering 5 kms of trails, track and grass. The course will feature 20+ obstacles (including military obstacles) to test your strength, agility, balance, and sense of adventure. Women may enter as individuals or as part of a team, but each person must raise a minimum \$300 to participate. **Warriors that register before March 15, 2017 will only have to raise a minimum of \$250.** When you register, you will need to pick a wave time so if you are entering a team, make sure you know the time your group wants to participate.

### **REGISTRATION**

Registration categories are Youth (15-17 years), Open (18-39 years) and Masters (40+). Heat categories are competitive athletes (timed warriors) and recreation athletes. All participants receive a finisher's medal for completion. Competitive athletes will be provided with 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place awards in each registration category on the main stage at 11:45 am. For the competitive warriors, we have three timed waves (10:00 am; 10:30 am and 10:45 am) and you must complete all obstacles or do 10 burpees in place of an obstacle. For our recreational warriors, we also have three waves (11:00 am, 11:15 am and 11:45 am) and you can go at your pace and can bypass an obstacle if you don't feel you can complete it. Obstacles challenge women to swing, jump, crawl, lift and/or run their way to the finish line.

### **CAMPERS VILLAGE KID MUDDER – \*\*\*NEW ADDITION\*\*\***

We are delighted to introduce a new addition to the event, Campers Village Kid Mudder. This is a mini obstacle course designed for kids from the ages of 5 to 14 (parental supervision required for 10 years or younger) to test their sense of adventure. **Each child needs to raise the minimum of \$50 to participate.** We are still in the design concept of this course but we can guarantee it will be fun, adventurous and safe.

### **PRIZES**

We will have an amazing fundraising incentive that will be a 'draw' from the top five fundraisers, which will be drawn at the Closing Ceremonies (1:00 pm – main stage). We will have a wonderful prize for the top fundraising team. Prizes will also be awarded to the best dress individual and best dressed team, so get creative!

### **OTHER ACTIVITIES**

We want everyone to come for the full day (10:00 am – 1:00 pm), and we have lots to keep you busy. For the warriors, we will have complimentary massages, complimentary entry to the Small Arms Training which is a digital military shooting experience (How cool is that?!), complimentary entry for the Bumper Ball adventure ([www.bumperballs.ca](http://www.bumperballs.ca)), plus a beer gardens to share a celebratory beverage, food trucks to feed your hunger and so much more.

### **SPECTATORS WELCOME**

This fundraising event has something for everyone and you will want to be part of it. We encourage you to invite your friends and family to come out to enjoy the many activities available. We will have a spectator area where your supporters can see some of the obstacles and watch you demonstrate your adventurous skills. They can take participate in the Small Arms Training and Bumper Balls for a small donation.

### **VOLUNTEERS NEEDED**

We require 15 volunteers to help set up the obstacles and event components on Friday, May 26<sup>th</sup>. We also require 65+ volunteers on event day to help us ensure the event runs smoothly. The various volunteer projects, times, and details are defined on our website (Help Out/Information). We have also attached the Volunteer Form for your easy reference.

By participating in Woman2Warrior Edmonton, you will be helping to empower kids and adults with disabilities and medical conditions. For more information about the programs and services we provide, please visit our main website at [www.easterseals.ab.ca](http://www.easterseals.ab.ca).

**Sign up today - [www.edmonton.woman2warrior.ca/](http://www.edmonton.woman2warrior.ca/). Like us on Facebook - [www.facebook.com/woman2warrioredmonton/](http://www.facebook.com/woman2warrioredmonton/)**