



## Frequently Asked Questions 2017

### **Why participate in Move for Life?**

Every week, the staff and volunteers of AVA Care serve women who believe abortion may be the only or best option for their unintended pregnancy. At AVA Care, we want every woman to be informed about all of their options, so that they can make a confident pregnancy decision. All the services provided by AVA Care are *free and confidential*. The funds that we raise at the Move for Life help make this possible. This is one simple way you can make a difference for life in *your* community.

### **Do I have to collect the money?**

No, you do not collect the money. Simply turn your fundraising form in at the event site. We will collect the money by mail. If sponsors prefer to give you money, please mark *Paid Cash* or *Check beside* their name and turn their checks and/or cash in with your fundraising form. Sponsors can also give online through your Ministry Sync/Fundeasy website: [themoveforlife.org](http://themoveforlife.org).

### **How far do I have to walk if I choose to participate in the 1 mile walk or 5K event?**

This event is for all ages and fitness levels. Please ask your family and friends to sponsor you with a single, generous, tax-deductible gift for your participation in this event, rather than being sponsored on a per-mile basis.

### **What if I cannot physically participate?**

No problem! Join in by praying for the event or serving as a volunteer at the event. You can still ask individuals to sponsor you for your participation and service in the Move for Life.

### **How much can I raise?**

There's no limit — you'll be surprised how easy it is! Nine out of ten people asked to sponsor will say YES. The more people you ask, the more money you will raise for AVA Care. When you reach the minimum amount in pledges - \$200 (an average of 10 sponsors), you will earn an AVA Care Move for Life long-sleeved t-shirt. If you raise \$600, you will earn an AVA Care Camelbak® water bottle and the AVA Care MFL t-shirt.

### **What if I can't be there that day?**

No problem! You may run/walk on your own in your neighborhood on your own time, and just mail or drop off your fundraising form to AVA Care of Harrisonburg, 833 Martin Luther King, Jr. Way, Harrisonburg, VA 22801.

### **What if it rains?**

Bring an umbrella and/or old shoes to run or walk! If there are extreme weather conditions, we will announce a cancellation via WHSV.com and WSVA radio, as well as on our Facebook page. If we have to cancel the event, you can bring the completed forms to us at AVA Care from 8 a.m.- 11 a.m. on the day of the event.

### **Who should I ask to sponsor me and how?**

Just ask everyone you know, "*Will you sponsor me?*" You'll be surprised how many people will support you. Ask your co-workers, staff, and boss. Ask your parents, siblings, and relatives. Ask friends, neighbors, students and anyone else who knows you. Be creative and set up a team name and challenge your members to a friendly competition!

### **What if I don't have a brochure for my sponsors?**

Don't worry! You can register and collect pledges from your sponsors using your own online fundraising page at [themoveforlife.org](http://themoveforlife.org). Just go to the website and click on REGISTER. If you would prefer the fundraising form, you can contact Julie at 236-8193 or [MFL@avacareforyou.org](mailto:MFL@avacareforyou.org) or visit [support-avacare.org](http://support-avacare.org).