

L'Arche Winnipeg is celebrating

50 years
of Community!

L'Arche Winnipeg was founded in 1973. Presently creating home for 28 people with a disability and approximately 20 assistants, the community consists of six houses, one independent living unit, and an extended network of supporters who are passionate about creating a world where everyone belongs. All but two homes are located in Transcona; the others are in Windsor Park and the Norwood Flats area.

L'Arche Winnipeg believes that every person has a unique and sacred value, with a mission to be a sign of hope in a divided world, offering an example of how people of different abilities, social origins, religions, and cultures, can live together in harmony.

L'Arche Tova Café

119 Regent Avenue West in Transcona
Phone: 204-421-9388 larchetovacafe.com

Open Tuesday to Saturday from 8 AM to 2 PM

In 2012, L'Arche Winnipeg opened the L'Arche Tova Café to further our mission of making known the gifts of people with disabilities. In addition to providing wholesome food and great service in a warm and welcoming setting, the café strives to provide meaningful employment for people with a disability and to build a more compassionate and humane society.

HOW TO REGISTER

Register by mail, in person at the L'Arche Winnipeg office (118 Regent Avenue East) or via e-mail. Digital registration and extra pledge forms can be found at www.larchewinnipeg.org!

Adult registration (ages 18-59) is **\$10.00**.

Child (ages 6-17) and senior (60+) registration is **\$5.00**.

Young kids (ages 5 and below) can register for free.

Interested in participating but not yet comfortable attending the in-person event? You can still help us by fundraising and committing to a virtual 1K or 5K. Fees remain the same.

PLEDGE COLLECTION

100% of your pledges will improve the quality of life for L'Arche members with disabilities and their assistants. Fundraise by letting family, friends, and co-workers know you are walking with L'Arche and ask them to sponsor you. Sponsors at any distance can support you by credit card through the online form at www.larchewinnipeg.org, making sure all online pledges have "Walk with L'Arche" selected as the Fund name and the name of the person being sponsored within the message.

Please turn in the pledge money at the office (118 Regent Avenue East) prior to the event to avoid long line ups and delays on the day of the Walk. **All pledges must be submitted by 1:45 PM on May 6th, 2023 to qualify for prizes.**

RAISE MORE, WIN MORE!

To earn a free 19th Annual Vickar Automotive Group's Walk with L'Arche t-shirt, submit **\$100.00** in pledges, along with your registration form, to the office (118 Regent Avenue East) **by April 7th, 2023**.

Don't stop there! Keep raising more pledges until the day of the walk to increase your gift card level! Individuals who have registered for the walk and raised the following amount of pledges are eligible for these L'Arche Tova Café gift cards:

Raise \$200	\$10 gift card
Raise \$500	\$25 gift card
Raise \$1,000	\$50 gift card
Raise \$2,000	\$75 gift card
Raise \$3,000	\$100 gift card
Raise \$4,000	\$200 gift card

Grand prizes will also be awarded for first and second place individual fundraisers, if pledges are received by **Saturday, May 6, 2023, at 1:45 PM**. There will also be a prize draw for volunteers.

EVENT DAY SCHEDULE

SATURDAY, MAY 6, 2023

Oxford Heights Community Club
359 Dowling Avenue East, Winnipeg, Manitoba

12:30 PM - 1:45 PM
Registration Time & Final Pledge Period

2:00 PM
Walk Begins

3:00 PM - 5:00 PM
Free BBQ, entertainment, speeches, and prize draws



19TH ANNUAL VICKAR AUTOMOTIVE GROUP WALK WITH L'ARCHE

SATURDAY, MAY 6, 2023

Oxford Heights Community Club
359 Dowling Avenue East, Winnipeg, Manitoba
Check-in & Last Minute Registration begins at **12:30 PM**
Walk begins at **2 PM**

Proudly made possible by:



Wyatt Dowling
INSURANCE BROKERS

Western
FINANCIAL GROUP



credit union
Casera

BPG



2023 REGISTRATION FORM

☐ Returning Participant OR ☐ New Participant
☐ In-Person Attendee OR ☐ Virtual Participant
We'll see you on May 6th! *Walk, run, or roll anywhere you're able to!*

First Name Last Name

Address

City/Province Postal Code

Waiver - In consideration of the acceptance of this entry into the Vickar Automotive Group's Walk with L'Arche, I, for myself, my heirs, executors, administrators, and assigns, waive any claims against L'Arche Winnipeg to which I may become entitled for injury or damage and release event sponsors and all other organizers, representatives, and their agents and employees and any other person or organization assisting in this event, including the event committee members, Vickar Automotive Group, and other event sponsors, the City of Winnipeg, the Province of Manitoba, and their employees and agents and other participants and volunteers of the Walk, from any claims for damages or injury suffered by me as a result of my participation in the event. I further state that I am in proper physical condition to participate in the event and I am aware that walking is a potentially dangerous activity and am aware that participation could, in some circumstances, result in physical injury. I give my permission for the free use of my name and picture in any broadcast, telecast, or written account of this event.

Signature Date

☐ My registration fee of \$ _____ is included.
Adults = \$10 Kids and Seniors = \$5 Young Kids = FREE
18-59 yrs 6-17 yrs & 60+ yrs 5 y/o and younger

T-SHIRT REQUEST

☐ I would like a t-shirt and I agree to raise and submit to the L'Arche office a minimum of \$100 in pledges plus my registration fee **by April 7, 2023. Important:** No t-shirts may be ordered after this deadline and any requests lacking the \$100 minimum will not be honoured. Only registered participants who have individually raised the minimum amount are eligible to receive a t-shirt, not sponsors.

PLEASE CHOOSE A T-SHIRT SIZE

☐ Small ☐ Medium ☐ Large ☐ X-Large ☐ 2XL

2023 PLEDGE FORM

Participant First Name Participant Last Name

Phone Number

E-mail

ADD TO MAILING LIST?

	Sponsor Name	Mailing Address	Phone Number	E-mail Address	Donation Amount
<input type="checkbox"/>					\$
<input type="checkbox"/>					\$
<input type="checkbox"/>					\$
<input type="checkbox"/>					\$
<input type="checkbox"/>					\$
<input type="checkbox"/>					\$
<input type="checkbox"/>					\$
<input type="checkbox"/>					\$
<input type="checkbox"/>					\$
<input type="checkbox"/>					\$
<input type="checkbox"/>					\$

Please make cheques payable to: L'Arche Winnipeg. Online pledges should have "Walk with L'Arche" selected as a Fund, and the name of the person being sponsored mentioned in the message field. Complete mailing address required to automatically receive a receipt for donations of \$20 or more, or by request.

TOTAL CASH: \$ _____ + TOTAL CHEQUES: \$ _____
= TOTAL COLLECTED \$ _____

This event is proudly made possible by:

