



The banner features a collage of six photos showing diverse families and individuals. To the right, the text reads '03.15.2025 Walk for Life 5K Walk/Run'. Below the collage, a dark grey bar contains the text 'Martial Cottle Park or Choose Your Location', 'Check-In at 8:30am Walk/ Run at 9:00am', and 'Register at FriendsofRealOptions.net or scan the QR code'. A QR code is located on the right side of this bar. At the bottom, a green bar contains the text '@friendsofrealoptions' followed by Facebook and Instagram icons and the hashtag '#WFL25'.

03.15.2025
Walk for Life
5K Walk/Run

Martial Cottle Park or
Choose Your Location

Check-In at 8:30am
Walk/ Run at 9:00am

Register at
FriendsofRealOptions.net
or scan the QR code

@friendsofrealoptions f i #WFL25

Dear Friends of RealOptions,

We are excited to celebrate the gift of LIFE with YOU at our annual Walk for Life event on Saturday, March 15, 2025! This event is of key importance to help us continue to provide life-affirming services to women, men, students, and families through our four Bay Area medical clinics and outreach programs. We encourage you to form church, family, community, or corporate teams.

This year we plan to meet at Martial Cottle Park in San Jose for the large group event, or you may plan your own walk location in your local area. "Choose your own location" is an option on the registration page.

Please note that YOU DO NOT NEED TO BE PRESENT ON THE DAY OF THE EVENT to participate with us. You can register online at www.friendsofrealoptions.net and raise funds via our FundEasy platform and then walk or run wherever you choose.

We appreciate your partnership and perseverance to continue to stand with us for the most vulnerable in our community. Be sure to take photos with your teams and groups and post to #WFL25 on social media! I look forward to seeing you there!

I am honored to advance a culture of LIFE with you,



Valerie Hill, CEO

Who is RealOptions?

RealOptions is a 501(c)3 nonprofit organization that was established in 1981. We provide compassionate, comprehensive, high quality life affirming health care, education, and reproductive loss healing to women, men, students and families in the Bay Area.

MARTIAL COTTLE PARK EVENT INFORMATION SUMMARY

The Walk for Life and 5K Run is a fundraising and community awareness event that benefits **RealOptions**. All proceeds go towards providing life affirming services to women, men, students, and families through our five medical clinics outreach programs in the Bay Area. If you are joining us at Martial Cottle Park here is the information you need.

When: Saturday, March 15th 2025 OR a date and location you choose

Location: Martial Cottle Park
5283 Snell
San Jose, CA 95136

Schedule: 8:30 AM Check in or On-site Registration & Hot Breakfast
9:00 AM Welcome & Prayer
9:15 AM Walk 2.47 mi | 5k Run 3.1 mi
10:15 AM Snacks, Prizes, Music, & Activities
12:00 AM Activities Conclude

Event Highlights:

- 2.47 mile walk
- 5K run* includes chip timing and results posting at Martial Cottle Park
- Kid zone
- Family event

***RUNNERS PLEASE NOTE:** A minimum \$50 sponsorship (per runner) is required if you are running at Martial Cottle Park. (We hired a timing company to track your time.)

Event Details:

www.friendsofrealoptions.net/walk

Event Parking: Parking available for \$6. **Free** Street parking available.

Contact Us with Questions:

Annalise Santana, Community Outreach Relations Manager
408-229-9836 or email walk@realoptions.net

Resources

Go to <https://www.friendsofrealoptions.net/walk-for-life/walk-resources/>

Volunteer

[Sign up here](#)

Your Display Table

It is ideal to have a bright, eye-catching display in a prominent location at your church for up to three weekends prior to Walk for Life.

Display Dates: Start three weeks before the event.

MAKE SURE YOUR DISPLAY IS INFORMATIVE

- ✓ Walk for Life & 5K Pledge Forms
- ✓ Event Information Summary Sheet
- ✓ Walk for Life Bookmarks
- ✓ RealOptions Information
- ✓ Your Team Goal

SUGGESTIONS TO MAKE YOUR TABLE EYE-CATCHING

- ✓ Bright-colored Tablecloth
- ✓ Colorful Balloons
- ✓ Photo Display from your Team members last year
- ✓ Candy

BE **INTERACTIVE** AND ATTRACT ATTENTION

- ✓ **Make eye contact** with people when they walk by – say hello to everyone.
- ✓ **Stand in front of your table**, not behind it.
- ✓ **Be bold.** Explain the Walk for Life & 5K Run and the services of RealOptions.
- ✓ **Make it personal!** Share your why
- ✓ **Personally ask people to participate.** Have them sign up so you can add them to your team.
- ✓ **Strength in numbers!** Ask your team members to help you staff the table.



Suggested Print, Digital, or Church Announcement Samples

SAMPLE Announcements for RealOptions Walk For Life & 5K Run, Saturday March 15, 2025 at Martial Cottle Park in San Jose

Help your passion for life live on! RealOptions Obria Medical Clinics and (your church name) are going “On Mission” to advance a culture of life in the Bay Area! Join the “(your church team name)” as a [volunteer](#), or register under your church name to participate at Martial Cottle Park on March 2nd. To walk or run, [register](#) under (church team name).

Walk or Run to celebrate the gift of life! Participate in the Annual Walk for Life & 5K Run on Saturday, March 15th at Martial Cottle Park. This event benefits the work of RealOptions Obria Medical Clinics which serves thousands of women, men, students, and families in our community every year. You can begin by getting information from the RealOptions information table [table location] or by registering online at www.friendsofrealoptions.net.

Walk or Run and celebrate the gift of life with our local mission partner, RealOptions! Join (**Team name**) in the Annual Walk for Life & 5K Run on Saturday, March 15th at Martial Cottle Park. This event benefits thousands of women, men, students, and pre-born babies in our community every year. Register online at www.friendsofrealoptions.net and select (**Team name**) you can also sign up to serve as a volunteer [here](#).

CALLING ALL LIFE GROUPS! Walk as a team at our Annual Walk for Life & 5K run on Saturday, March 2nd at Martial Cottle Park. Create a team name and ask others to sponsor you. Gather more information from the RealOptions table [table location] or register online at www.friendsofrealoptions.net. Make a difference, and go the extra mile for mothers, fathers, pre-born babies and students!

Join us next Saturday, March 2nd at Martial Cottle Park to support the life-affirming work of RealOptions! All funds raised will provide support services for mothers, fathers, pre-born babies, and students. You can [volunteer](#), walk, or run. Visit www.friendsofrealoptions.net/walk for more information.

SAMPLE Announcements RealOptions Walk For Life & 5K Run- If you are choosing your own location

Make your passion for life live on! RealOptions Obria Medical Clinics and (your church name) are going “On Mission” to advance a culture of life in the Bay Area! Join “(your church team

name)" on March 15th or (your date)_____ at _____ (the location you choose). To walk or run, register under (church team name) at www.friendsofrealoptions.net.

Walk or Run to celebrate the gift of life! Our annual Walk for Life on March 15th or (your date) at _____ (a location you choose). This amazing event works with RealOptions Obria Medical Clinics which serves thousands of women, men, students, and families in our community every year. Register at www.friendsofrealoptions.net

Walk or Run and celebrate the gift of life! Participate in the Annual Walk for Life on _____ (a date you chose) at _____ (a location you choose). This event benefits the work of RealOptions Obria Medical Clinics which serves thousands of women, men, students, and families in our community every year. Register online today at www.friendsofrealoptions.net.

CALLING ALL LIFE GROUPS! Walk as a team at our Annual Walk for Life on Saturday, March 15th, or (a date and place you chose). Create a team name and ask people to sponsor you and your team on your FundEasy page. Register online at www.friendsofrealoptions.net. Walk or run the extra mile to help safeguard lives!

Crowd Fundraising Tips

- **Set a goal.** Write the number on your pledge form or on your online FundEasy page. Be sure to thank your sponsors after the event!
- **Start your crowdfunding off with a generous personal donation.** Most people will follow the example of the first donation on your form or online fundraising page.
- **Dedicate your walk or run to someone** who has been touched by RealOptions programs or services – a birth mom who gave you the gift of life, your adoptive parents who gave you the gift of a family, a friend that received services from us, a teenager who benefited from a RealTalk presentation, a man or woman who has been healed by a past abortion or miscarriage loss, or a friend or family member who dedicated their time to serving at RealOptions.
- **Create a personalized fundraising page** that can be connected to your social networking sites and emailed to your friends and family. Use this page like an online pledge sheet to ask for and collect secure donations that are tax deductible. Visit www.friendsofrealoptions.net/walk for the link to set up your fundraising page.
- **Contact everyone who sponsored you last year.** Thank them for their pledge and ask for their support again. Ask for a specific amount, such as \$50 or \$100; if they can't donate that much they will offer what they can. Be sure to direct your sponsors to your FundEasy page!
- **Make an announcement or show the short event video** at your social club, service club, or small group. Call our Outreach Team at 408-229-9836 to schedule a RealOptions speaker for a short presentation.
- **Be enthusiastic when asking for a gift.** Let people know their support makes a difference in the lives of women, men, students, and families in our community. For patient stories visit our YouTube channel at www.youtube.com/realoptions3.

- **Highlight special occasions.** If you have a birthday, anniversary, other special occasion coming up, or are honoring a loved one, ask for pledges in lieu of gifts.

Sample Sponsor Request Letter for FundEasy

*Sharing your **Why** is recommended when you ask people to sponsor you. This is an example of one of our “why’s”:

Dear Family and Friends,

My family and I are honored and privileged to be "On Mission" with RealOptions because we value the gift of life! We are walking in honor and memory of my mom, Carol who went to be with the Lord. She adopted me when I was only 2 weeks old. I will be forever grateful to her for loving me and for the blessing of an amazing life and family.

We are committed to the amazing work that goes on at RealOptions. They provide medical care, support services, and compassion to women like my birth mom, Phyllis who chose a loving adoption plan for me. We believe that every life whether planned or unplanned has purpose and the beauty of possibilities. That is why we are asking you to either join our team and raise support for the good work RealOptions is doing through your circle of friends and family or for donating a tax-deductible gift to help fully fund RealOptions so that there is a safe place women and men can turn for life -affirming medical care and support services when they need it the most!

Blessings,

[Add your FundEasy link here]