



SPINAL CORD INJURY ONTARIO

WHEELCHAIR RELAY CHALLENGE AND STROLL



RACE OR STROLL

IN THE RELAY



IN THE PARK

GO THE DISTANCE!

JOIN THE 2014 PROVINCIAL WHEELCHAIR RELAY CHALLENGE AND STROLL

**IN TORONTO OR
YOUR OWN COMMUNITY**

Sunday, September 21, 2014

Monarch Park Stadium
1 Parkmount Road,
Toronto, Ontario M4J 4V4

www.sciontario.org/relaystroll2014

The Wheelchair Relay CHALLENGE

We challenge you, and seven of your friends and/or colleagues to form a team and participate in the Wheelchair Relay Challenge! Don't have a wheelchair? One will be provided to your team to race around the track. Prior to the relay, participants solicit pledges from corporations, family and friends to raise money for people with spinal cord injuries, with an expected minimum team total—Corporate Team: \$2,000 and Community Team: \$1,000.

The stROLL

Go the distance and make a significant impact! One person each day, every year, sustains a new injury in Ontario. Walk, wheel or run 2.5 km in this all-ages, family-friendly event that will be held at the same time as the Relay. Register and start fundraising today!

stROLL in Your Community

Can't make it to Toronto to stROLL? Sign up online and walk, wheel or run in your own community! September 21—Make it your goal to take a stROLL. Ask colleagues, friends and family to stROLL along, too! Use social media to share your experience. We will be watching your posts at the Provincial Wheelchair Relay Challenge and stROLL! Money raised helps people with spinal cord injuries in your community.

Why PARTICIPATE?

In Ontario, at least one person sustains a spinal cord injury every day. One of the most difficult times a person can experience is immediately after an injury. Thanks to funds raised by people like you through the Wheelchair Relay Challenge and stROLL, SCI Ontario is able to provide much needed customized programs and services—giving people the support they need when they need it.

Want to Learn More?

Become a Sponsor?

Volunteer?

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