



**MOVEMENT**  
CENTRE OF MANITOBA  
*25 years of transforming lives*



# PEROGY RUN 2024

SUNDAY, JUNE 23RD 2024 AT KILDONAN PARK





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# *PEROGY RUN 2024!*

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Sunday, June 23rd at Kildonan Park

**Movement Centre's wheel/walk/run for everyone!**

Register to wheel/walk/run in support of unique rehabilitation programs at the Movement Centre of Manitoba. Collect pledges and help kids and adults with disabilities live their best lives with independence and confidence.

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Perogy Run Entry includes:

- Race kit with fun giveaways for the whole family
  - Complimentary Perogy Run t-shirt
- Boston Pizza Perogy Pizza OR Sevala's Ukrainian Deli Perogies on race day
- Heartfelt thanks for helping kids and adults with disabilities!

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**Start Line: Kildonan Park near the North shelters**

**Event start: 9:30 am**  
**Race begins: 10:30 am**



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## *WHO WE ARE*

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The Movement Centre of Manitoba is a not-for-profit registered charity that specializes in unique, evidence-based Conductive Education (CE) rehabilitation therapy to help children and adults living with disabilities. Our programs empower our clients to live their best lives with independence, freedom and hope, one step at a time.

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## *WHY WE NEED YOUR SUPPORT*

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The Movement Centre receives no government funding and relies solely on community partners to keep our doors open. We help over 100 families and their loved ones every year, and with an ever-growing waitlist we remain committed to our vision of providing affordable access to our programs.





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## *MEET OUR PEROGY RUN AMBASSADOR*

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Meet Remi!

**Remi is this year's Perogy Run Ambassador &  
Team Captain of Remi's Rainbows!**

"Remi began her life-changing journey at the Movement Centre in Spring 2022, just before turning 4 years old. When she began, she could barely stand and balance on her own, let alone walk with or without assistance, nor did she want to try. After attending just a few sessions, she was walking with assistance and even taking a few steps independently! After several months, we noticed an increase in her self-esteem, and now, almost two years later, she walks into the building as if it were her own!

We are continuously blown away each week by her strength and endurance, which wouldn't be near where it is without the Movement Centre."

-Lyndsey (Remi's Mom)

# HELP US REACH OUR GOAL OF \$150,000!

SPONSORSHIP OPPORTUNITIES	PEROGY PIZZA	FULLY LOADED PEROGY	BACON	CHEESE	SAUERKRAUT
	<b>15,000</b> <b>SOLD</b>	<b>10,000</b>	<b>5,000</b>	<b>2,500</b>	<b>1,000</b>
Exclusive Rights as Presenting Sponsor	✓				
Opportunity to provide brief remarks at race start	✓				
Logo on photo frame	✓				
Logo on any printed material	✓	✓	✓		
Logo on Volunteer Shirt	✓				
Logo on front & back of Runner's shirt	✓				
Large Logo on Runner's shirts		✓			
Medium Logo on Runner's shirts			✓		
Small Logo on Runner's shirts				✓	
Signage - Race start	✓	✓	✓	✓	✓
Signage - Race finish	✓	✓	✓		
Signage - Race route	✓	✓	✓		
Verbal recognition at race start	✓	✓			
10x10 Promo space at Family Fun Area	✓	✓	✓	✓	✓
Logo on website w/ hyperlink	✓	✓	✓	✓	✓
Social Media Posts	10	7	5	3	1
Promotional Materials in Race Klt	✓	✓	✓	✓	✓
Complimentary Race Entries	10	7	5	3	1

To sponsor or discuss opportunities, contact Chelsea Walker: [chelsea@movementcentre.ca](mailto:chelsea@movementcentre.ca), 204-291-1292



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## *SOUR CREAM SPONSOR*

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All in-kind donations usable by the Perogy Run with a value of \$500 or greater will be recognized as a Sour Cream sponsor! Item sponsors are exclusive and are first come first serve.

- Volunteers (valued at \$25/hr)
- Bottled water or sports drinks
- Coffee station
- Energy bars or granola bars (nut free)
- Rental services – AV equipment, Family Fun Zone activities
- Photography/videography
- Medical First-Aid
- Individual Prizes & Team Prizes
- Mascot presence

Your sponsorship includes:

- Minimum of 1 social media post with logo acknowledging your support
- 10x10 Promo space at Family Fun Area
- Promotional Materials in Race Kits
- Logo on website with hyperlink

In-kind sponsorships are not limited to the listed options – please reach out if you have alternative ideas!



# *THANK YOU FOR YOUR SUPPORT!*

Visit our website to learn more  
about our work:

[www.movementcentre.ca](http://www.movementcentre.ca)



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