



2008 COMMUNITY WALK

REGISTRATION & DONATION

CHOOSE ONE

- YORK WALK:** To be announced
- OMAHA WALK:** Saturday, April 19, at 10 AM (9 AM Registration) at Chalco Hills
- NORFOLK WALK:** Sunday, September 7, at 2 PM (1 PM Registration) at Skyview Lake

PLEASE PRINT

My Name _____ Day Phone _____

My Address _____ City _____

State _____ Zip Code _____ E-mail Address _____

Team Name _____ Team Captain _____

INSTRUCTIONS

Set a personal goal of \$200

Being to collect donations, fill out the information on the back of this envelope with your supporter's information. Mark if the donations are in cash or check

Deliver your envelope(s) and your donations in check form, if possible, to your team captain or bring it to the Community Walk.

Make all checks payable to: ALS in the Heartland.

HOW TO RAISE \$200 IN 10 DAYS

Day 1	Total
1. Put in your own \$20	\$20
2. Ask your spouse/roomate for \$20	\$40
3. Ask your Mom or Dad for \$20	\$60
4. Ask a friend for \$20	\$80
5. Ask your supervisor for \$20	\$100
6. Ask a co-worker for \$20	\$120
7. Ask a neighbor for \$20	\$140
8. Ask another family member for \$20	\$160
9. Ask a business owner for \$20	\$180
10. Ask a person from church/club for \$20	\$200

FUND RAISING TIPS

Make a list of people who might help you reach your goal. Include relatives, friends, neighbors, fellow club members, business associates, doctors, hair stylists, dentists, suppliers, etc. Most people will give if asked.

Start collecting your donations early! Give everyone a chance to say "yes" to support this cause.

An e-mail and/or letter writing campaign is a great and fun way to raise money. You can mail to everyone you know. Tell your personal story - why you are involved. Your story might be about a loved one, friend, employee, employer, the friend of a friend. Every personal story is powerful.

Remember, fund raising is a team effort... you don't have to raise the money alone. get your Team Members, business or family together and plan a group fund raising activity such as a yard sale, car wash, or cookout to add money to your Team's total.

Thank you for making a difference!

www.alsintheheartland.org

ALS In the Heartland | 6277 South 118th Street | Omaha, NE 68137 | 402-592-2374

