

Registration fee \$10.00
Includes Lunch and a
Walk 4 Life tee shirt

\$100.00 in sponsorships—Free Cap
\$300.00 in sponsorships—Free Hoodie

Steps for Success

- Start asking for sponsors : Commit to asking just one person a day or set aside 15 minutes a day to ask for pledges.
- Write, e-mail or call out of town family & friends to sponsor you.
- Post your pledge sheet at work
- Set a personal goal!

10 Simple steps to raise \$500 in 10 days:

- Day 1:** Sponsor your self for \$25
- Day 2:** Ask 2 family members to sponsor you for \$25
- Day 3:** Ask 5 friends to sponsor you for \$20
- Day 4:** Ask 5 co workers to sponsor you for \$10
- Day 5:** Ask 5 neighbors to sponsor you for \$10
- Day 6:** Ask 5 people at church to sponsor you for \$20
- Day 7:** Ask your employer to sponsor you for \$25 or better, see if your company will match the amount you raise!
- Day 8:** Ask 3 local merchants to sponsor you for \$20
- Day 9:** Ask 2 business you frequent to advertize in the walk for life booklet
- Day 10:** Take a break and pat yourself on the back you've done a great job!

Frequently Asked Questions?

How far is the walk? It's easy, the Walk is only a 2 short mile course.

What if I can't walk the course?
Bring your wheelchair, scooter or just come and cheer on the other walkers.

Can't walk that day? Not a problem, you can walk any day, any time, any place it still counts! Just mail in your completed packet.

Can a sponsor use a Credit card? Yes! You can collect their information on a pledge card or they may go online and sponsor you.

How do I registers for the walk? You can bring this form to the walk or you can registers on line at www.walk4lifeinfo.com

How do I collect pledges? Just have them fill out a pledge card from you envelope and collect their money, It's that easy, if you run out of pledge forms you may print more out from the walks website.

May I Carry a sign or banner? Yes! We ask that you have them pre approved first. Just contact us at the email below for approval.

TURN IN YOUR PLEDGE ENVELOPE WITH PLEDGE SHEETS AT THE WALK

You will be amazed how many sponsors you can get!
You can Registers and print more pledge sheets at
www.walk4lifeinfo.com

If you have any questions regarding this event or Alternate Avenues please feel free to email Renee LaPointe events@alternateavenues.net