

# *Walk For Veterans Walk-A-Thon*

## **April 17, 2010**

Our goal is raise \$120,000 plus to benefit our Veterans residing in our Veterans facilities. Funds to be used for personal, recreational and therapy needs. We hope that each of you will participate in the walk-a-thon to the best of your ability. Thank you very much for your participation! Your pledges will directly benefit our Veterans.

### **Rules**

1. Participants' may start collecting pledges as soon as they receive the pledge sheets.  
**Reminder: Pledge sheets need to be turned in on walk-a-thon day, April 17, 2010**
2. Pledges may be made by anyone.
3. **Each sponsor making a pledge should write their own name, and pledge.**  
Participants collect the pledge in advance and turn in at registration the day of the walk.
4. On walk-a-thon day, each participant will walk during a specified time period.
5. Participants will be registered walkers and all pledge sheets will be collected prior to the start of the walk-a-thon.
6. No running or jogging will be allowed. Participants are encouraged to wear hats and sunscreen if it's sunny or bring rain gear if it's rainy.

We look forward to all our participants having a great time! For questions or concerns, or to volunteer, **Call Thomas 585-393-0636** email [tekngk@aol.com](mailto:tekngk@aol.com) or **Sally Johnston 555-555-5555**, e-mail [sallyajohnston@aol.com](mailto:sallyajohnston@aol.com). **Please join us and walk a few miles to support those who marched many miles to insure our Freedom.**

