

## How to Raise \$500 in One Week

Here is a quick plan that will help you raise pledges from friends, neighbors and family.

**Day 1** Start with your own donation of \$10 and ask three family members to sponsor you for \$25.

Day 1 total = \$85

**Day 2** Ask 5 friends to sponsor you for \$20.

Day 2 total = \$100

**Day 3** Ask 5 co-workers to sponsor you for \$10.

Day 3 total = \$50

**Day 4** Ask 5 neighbors to sponsor you for \$20.

Day 4 total = \$100

**Day 5** Ask 4 people from your religious or social organization to sponsor you for \$10.

Day 5 total = \$40

**Day 6** Ask your boss for a company contribution of \$50 and ask if your company has a corporate matching gift program.

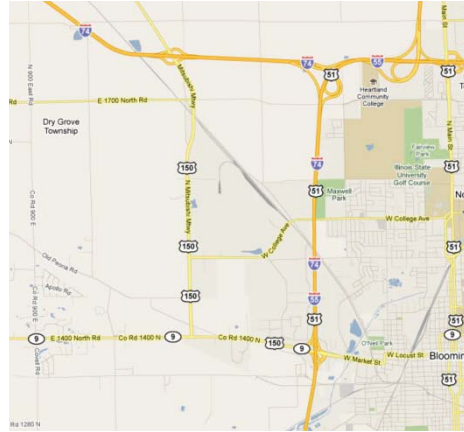
Day 6 total = \$50

**Day 7** Ask 3 businesses you frequently visit for \$25 (dentist, dry cleaner, coffee shop).

Day 7 total = \$75

**WEEK TOTAL = \$500!**

## Directions to Constitution Trail at Tipton Park



### Directions

**Tipton Park North:** Veterans Parkway to College Avenue (east) 1 mile, then right on Stone Mountain to shelter. It is located at 2201 Stone Mountain Blvd, Bloomington, IL 61704.

**Directions from Chicago:** Interstate 55 South to Veterans Parkway. Exit south on Veterans Parkway and then follow directions above.

**Directions from Springfield:** Interstate 55 North around city. Exit south on Veterans Parkway and then follow directions above.

### Questions

Feel free to contact Lynn Bradtke at (309) 452-9937 or [lbradtke@sbail.org](mailto:lbradtke@sbail.org) or Chris Byrne at (773)444-0305 or [cbyrne@sbail.org](mailto:cbyrne@sbail.org).



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## 13th Annual Memorial 5k Walk-And-Roll- A-Thon

# WALK-AND-ROLL-A-THON

*A Memorial Walk honoring:*

*Emma Kenny*

*Shannon Kolodzieski*

*Kaylin Rood*

*Sarah Whitted*

Constitution Trail at Tipton Park  
Bloomington, IL

**Sunday, September 19, 2010**

Registration 11:30 am

Walk 12:00 pm

[www.sbail.org/bloomington-walk.html](http://www.sbail.org/bloomington-walk.html)

## About Spina Bifida



Spina Bifida, the most common disabling birth defect in the United States, is the failure of the spine to close properly during the first month of pregnancy, resulting in varying degrees of paralysis, loss of sensation in the lower limbs, bowel and bladder management difficulties,

and learning disabilities. It affects one out of every 1,000 newborns in the United States.

For over 40 years, as the leading provider of direct and support services in the Midwest, we've helped thousands of individuals and families affected by Spina Bifida through camping, weekend retreats, special education planning, information and referrals and support groups.

## 13th Annual Memorial Walk-And-Roll-A-Thon

The Spina Bifida Association of Illinois will be holding the 13th Annual Memorial Walk-And-Roll-A-Thon on Sunday, September 19, 2010 at Constitution Trail at Tipton Park in Bloomington, Illinois.

The Memorial Walk-And-Roll-A-Thon was started by Lynn Grabher Bradtke and Tammy Rood in 1997 to raise awareness about Spina Bifida in Central Illinois and to raise money for the Spina Bifida Association of Illinois. Since the initial walk, more than 750 walkers have gathered to support individuals and families that are affected by Spina Bifida in Central Illinois.



Your support of 13th Annual Memorial Walk-And-Roll-A-Thon ensures that we're able to continue to pioneer programs that help meet the needs of people in Central Illinois.

Thank you for your support and generosity.

## Form a Team and Register

Register as an individual walker or gather your friends, family, classmates or co-workers and walk as a team of four. This year, individuals that raise \$100 or more will receive a gift certificate to Avanti's. Those that raise \$500 or more can choose to receive a \$75 gift certificate to Biaggi's

or iHome home audio set for your iPod or iPhone!

To register as an individual or team to participate in the walk, please contact Lynn Bradtke at (309) 452-9937 or [lbradtke@sbail.org](mailto:lbradtke@sbail.org) or Chris Byrne at (773) 444-0305 or [cbyrne@sbail.org](mailto:cbyrne@sbail.org).

You can also register online at [www.sbail.org/bloomington-walk.html](http://www.sbail.org/bloomington-walk.html) or on the morning of the event at Tipton Park.

## Raising Pledges

There is a \$25 participation fee for the Walk-And-Roll-A-Thon. **Raise \$25 or more in walk pledges and receive a t-shirt and lunch!**

Record donations on the Walk-And-Roll-A-Thon contribution form and ask contributors to pay before the event and to make all checks payable to: Spina Bifida Association of Illinois.

Check out "How to Raise \$500 in One Week" on the back of this brochure for help raising pledges.

