

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 = \$150

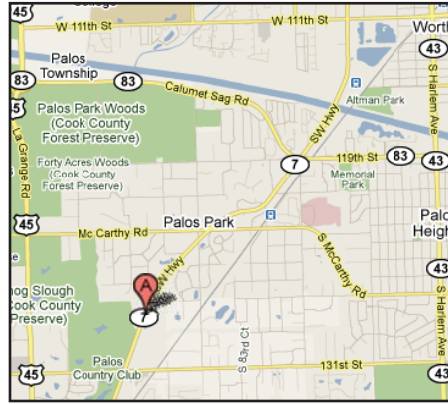
Day 4 Ask 5 neighbors to sponsor you for \$20.
Day 4 total = \$100

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!



The Center
12700 Southwest Highway
Palos Park, Illinois 60464
www.thecenterpalos.org

Questions?

Feel free to contact Chris Byrne by phone at 773-444-0305 or at cbyrne@sbail.org.



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FALL FAMILY CLASSIC PICNIC AND WALK



The Center
12700 Southwest Highway
Palos Park, Illinois 60464

Sunday, September 26, 2010

Registration Check-in 11:00 am

Walk 11:30 am

Picnic 12:30 pm



The Barn at the Center

Photo by Mark Walker

About Spina Bifida

Spina Bifida affects one out of every 1,000 newborns and is the most common disabling birth defect in the United States.

Spina Bifida 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.

Spina Bifida Association of Illinois

The Spina Bifida Association of Illinois (SBAIL) is a 501 (c)(3) nonprofit organization dedicated to improving the quality of life for people with Spina Bifida and their families. 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.

The Fall Family Classic

This year's Fall Classic will combine our traditional Family Picnic with a 1-mile Walk-And-Roll-A-Thon at the beautiful Farm Ranch and grounds at the Center.

Our *Family Classic Picnic* will feature food, drinks, games and activities at the Center. Families can stroll the grounds, visit animals, take a hayride and enjoy a wonderful day with friends and families of SBAIL.

The *Walk-And-Roll-A-Thon* is an annual fundraising event for the programs and services provided by SBAIL. We are asking all of our families to contribute by forming a family team and asking friends, classmates, co-workers and neighbors for a pledge.

Register now



Register as an individual walker or family team of four. Families of 4 only interested in attending the picnic can also register for \$50. Individual walkers that raise \$500 or more can chose to receive a digital camera or iHome home audio set for your iPod or iPhone!

To register as an individual or team to participate in the walk, please contact Chris Byrne at (773) 444-0305 or cbyrne@sbail.org.

You can also register on the morning of the event at The Center.

Raising Pledges

There is a \$25 participation fee for all Walk-And-Rollers or a \$50 participation fee for all families. Individuals that raise \$25 or more in walk pledges participate for free and will 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.

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

