

EVENTS - WALKS TO DEFEAT ALS™

Please join us for our annual **Walks to Defeat ALS™**! To register for a walk, visit www.walktodefeatal.org. If you register early, a sign *in celebration of* your family member or friend can be placed along the walk route.



Dates & Locations

Saturday, June 12

O'Brien Park, Peoria, IL

Saturday, June 19

Washington Park, Springfield, IL

Saturday, June 26

Forest Park, Education/Visitor's Center,
St. Louis, MO

Saturday, September 11

Rent One Park, Marion, IL

Saturday, September 25

Lions Club Park, Rolla, MO

Walk Booth Rental

New this year, we extend an opportunity to have a booth to promote your organization or business at one of our walks. We have reduced rates for those who become sponsors and for nonprofit organizations. Contact Gale Ingram (888-873-8539, ext. 2) for more information and to sign up.

Did you know?

Only 40% of walkers fundraised for the 2009 Walk to Defeat ALS™. If every walker was a Goal 100 Walker, we would raise an additional \$237,000 for research, advocacy and local programs!

BECOME A GOAL 100 WALKER TODAY!

Goal 100 is an exclusive incentive program for the St. Louis Regional Chapter's Walk to Defeat ALS™ Walkers and Teams. It's simple to become a Goal 100 Walker - just raise \$100 or more. To become a Goal 100 Team all your team members must be Goal 100 Walkers.

Why become a Goal 100 Walker/Team?

- * Special Gift on Walk Day
- * Your name listed in the Goal 100 Newsletter
- * 2010 Walk to Defeat ALS T-Shirt
- * Team name & photo in the Goal 100 Newsletter



How You Can Raise \$100

1. Make your own \$10 contribution \$10
 2. Ask your significant other to also contribute \$10 \$10
 3. Ask your mom and dad to contribute \$10 \$10
 4. Ask your best friend to contribute \$10 \$10
 5. Ask your boss to contribute \$10 \$10
 6. Ask a work colleague to contribute \$10 \$10
 7. Ask your sibling to contribute \$10 \$10
 8. Ask your in-laws to contribute \$10 \$10
 9. Ask a neighbor to contribute \$10 \$10
 10. Ask a businessperson you support to contribute \$10 \$10
- \$100**

Please join us in the fight against ALS. Help support the programs and services we offer in our region!
If you'd like to volunteer at one of the walks, please let us know!

Register today at www.walktodefeatal.org

