



ALS SOCIETY OF MANITOBA
LA SOCIÉTÉ MANITOBAINE DE LA SLA

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WALK FOR ALS
Saturday, June 17, 2017

2017 PARTICIPANTS WALK PACKAGE

WINNIPEG WALK for ALS
Saturday, June 17, 2017
Assiniboine Park - Conservatory Tent
Registration: 9:00 am
Walk Begins: 10:00 am
Distance: 5km

Over the past sixteen years, our Winnipeg Walk has raised over \$2 Million dollars to help support Research, Client Services and Education!! Let's continue to grow that number!!

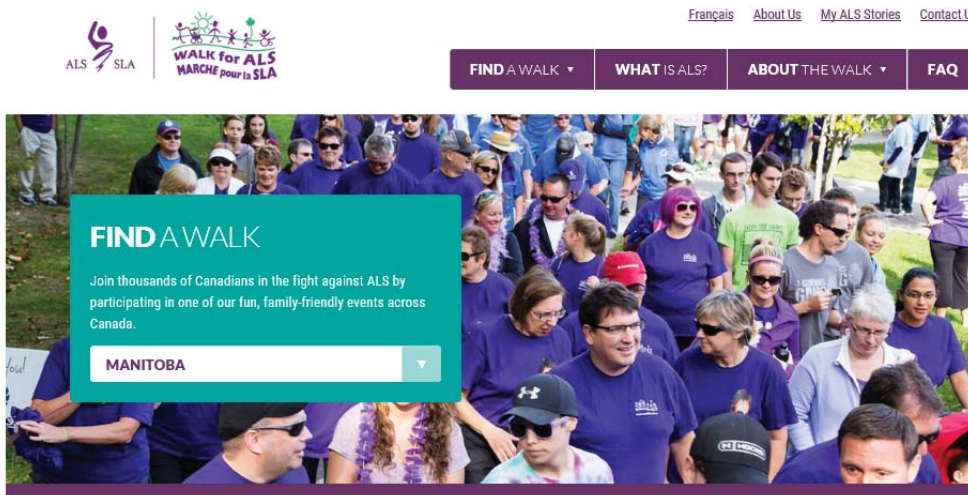
In the Walk Training Package, you will find the following:

- A Walk Map, including new start location, the walk route and designated parking areas;
- A Walk Pledge Form;
- Successful Fundraising Tips;
- Walk for ALS Fact Sheet;

(Please feel free to print off additional sheets if more are required.)

Important Links:

Visit www.WALKFORALS.ca to create your own fundraising webpage.



HOPE is important in the lives of those impacted by ALS/MND, Helping Our People Every way we can.

There is NO registration fee to participate in the walk for ALS. However we encourage each participant to raise a minimum of \$30.00 each.

Individuals

The morning of the walk we ask that all individual walkers register themselves and hand in their pledge forms and all money.

Teams

Team Captain's are responsible for registering the whole team. The morning of the walk we ask that each Team Captain registers all members of their team and hands in all pledge forms and money.

All participants including teams are encouraged to either register online at www.walkforals.ca or in person during regular office hours or the pre-registration times indicated below. Please ensure that the total amount of money collected matches what is indicated on the pledge sheets.

Pre-Registration:

Wednesday, June 14, 2017 - 9:00 am to 7:00 pm

Thursday, June 15, 2017 - 9:00 am to 5:00 pm

ALS Society of Manitoba

2A - 1717 Dublin Avenue (Dublin at Route 90)

Registration:

Saturday, June 17, 2017 – 9:00 to 10:00 am

Conservatory Tent, Assiniboine Park

Please choose a line based on your Walk Category:

Individuals, Team (less than 10 people), Team (10 or more people)

When Registering, each Individual Walk or Team Captain should place all pledge forms and donations (cash and cheques only) in a large envelope with the following information on the outside:

- TEAM NAME:
- INDIVIDUAL /TEAM CAPTAIN'S NAME:
- WALKER, CAPTAIN OR REGISTRATION VERIFIED:
- TOTAL NUMBER OF WALKERS:
- TOTAL MONEY SUBMITTED:

For those teams with only online donations, the registration area will have a list. Once you have confirmed your attendance at the Walk you/your team will receive your walk t-shirt.

*****Please DO NOT include any online donations or online sheets at registration as they are tallied separately.*****

If you have any questions regarding the Annual Walk for ALS, please contact the ALS Society of Manitoba office at 204-831-1510 ext. 20 or by emailing HOPE@alsmb.ca.

We are planning lots of fun activities for everyone at the Walk as well as our Annual "Auction of Hope" Raffle and an opportunity to purchase ALS merchandise to support the ALS Society of Manitoba.

Thank you in advance for participating!!
2017 Walk for ALS Winnipeg Committee

The money you raise helps to fund research as well as to support clients living with ALS here in Manitoba.

A wheelchair cushion for example costs \$500 each.

WALK LOCATION



Just like the 2016 Walk, we will be at the Conservatory Tent, located right next to the Conservatory. Please make sure that you have notified your whole team and anyone coming to cheer you on about this location. Please Note: As in prior years, parking at the Park is limited so we encourage everyone to car pool.



Remember to bring the following to ensure you are ready for the day:

Water/Waterbottle
Umbrella

Proper Shoes
Rain Jacket

Sunscreen
Camera

Sunglasses
Energy food (bars, trail mix)

Hat

The purpose of the Walk for ALS is to raise money to be used to support leading edge research across the country and for services for those living with ALS and their families. Our goal is for each participant to try to raise a minimum of \$150.

It always seems impossible, until it's done.
– Nelson Mandela

Basic Fundraising Principles

There is no one path to fundraising success. Many people use different methods all with varying degrees of success. However, there are some generalities that can be gleaned from those who are consistently successful.

Successful fundraisers tend to:

- Set Goals
- Devise a Strategy – choosing techniques they can execute well
- Track their progress and evaluate
- Are Always Asking
- Set levels that make it easy for people to say yes
- Are prepared to give in turn

*The most successful
fundraisers are the ones who ask.*
– Unknown

The Ask

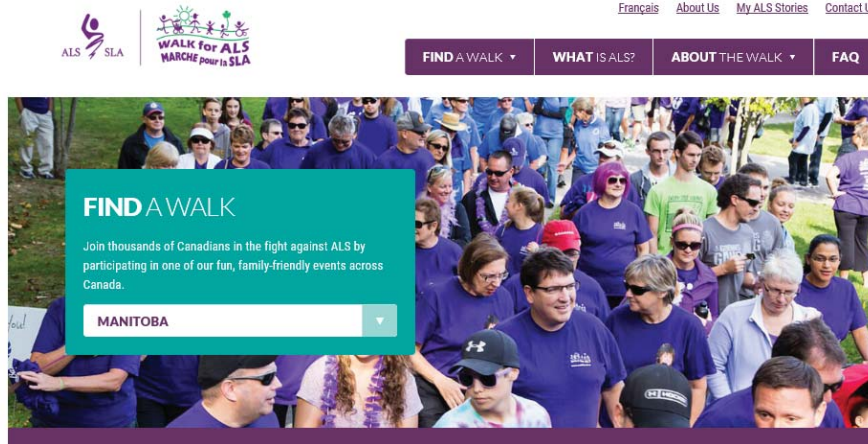
Even in the electronic age many people have great success canvassing their neighbourhood and speaking with the neighbour that they have become friends with for donations. A seemingly simple process, you'll want to follow a few simple guidelines to get the most out of these trips.

- Pick times when people are likely to be home – usually evenings or weekends - Avoid meal times.
- Practice your pitch before knocking – it demonstrates respect for your prospects.
- Arm yourself with additional information (Info brochures, knowledge, etc). Please contact the ALS Society of Manitoba for any promotional material you might need.
- Determine how much you want from each prospect – you can base this on the relationship you have with your neighbour or their perceived capability to give.
- Write down any commitments not collected on the spot.
- Always be courteous and friendly – these people are your neighbours. Please note that the ALS Society of Manitoba does not canvass for donations so please ask only the neighbours you are familiar with.
- Don't forget to use letter writing/email as another way to request support.
- Be prepared to give in turn in the future.

Websites

You can create your own website so family and friends from everywhere can make pledges for you and or your team online.

Visit www.walkforals.ca



Select Province

Click on Winnipeg Walk

Click on Sign Up

Follow the directions on the screen and you will be registered.

It is that fast and easy!

You miss 100% of the shots you don't take.
- Wayne Gretzky

No matter what technique you chose the key is execution. In order to really reach for the stars, consider using a combination of techniques.

How to Raise \$100 in Just 10 Days

Day	Action	Total
1.	Put in your own \$10	\$10
2.	Ask your significant other for \$10	\$20
3.	Ask your parents for \$10	\$30
4.	Ask your best friend for \$10	\$40
5.	Ask your Supervisor for \$10	\$50
6.	Ask a co-worker for \$10	\$60
7.	Ask your sister or brother for \$10	\$70
8.	Ask your in-laws for \$10	\$80
9.	Ask your neighbor for \$10	\$90
10.	Ask a business owner for \$10	\$100

The key to fundraising success is having a plan.

Whether you follow this plan or one of your own - stay committed!

THANK YOU AND GOOD LUCK!

Saturday, June 17, 2017

Assiniboine Park - Conservatory Tent

Registration: 9:00 am

Walk Starts at: 10:00 am

Walk: 5 km



- 2017 will be the 16th Walk for ALS in Manitoba.
- 40% of all funds raised through the Walk for ALS goes towards research, with 60% remaining in Manitoba to assist clients and their families.
- ALS is also called Amyotrophic Lateral Sclerosis, Lou Gehrig's Disease or Motor Neuron Disease.
- ALS is a progressive neuromuscular disease in which nerve cells die and voluntary muscles become paralyzed. The senses and intellect usually remain unaffected.
- There are approximately 3,000 Canadians currently living with ALS.
- There are currently over 315 people in Manitoba living with ALS. The fastest growing population with ALS is in rural areas.
- 80% of people with ALS die within 2 to 5 years of diagnosis.
- About 10% of the cases are familial.
- ALS affects the whole family. Most of the care is shouldered by family caregivers.
- Hope is important in everything we do.
- The ALS Society of Manitoba works with HOPE in our minds – that a cure will be found and in the mean time we will help our people every way we can.

ALS - Three letters that can change someones life forever.



WALK for ALS
Saturday, June 18, 2016

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Oma's Bake Shop
United Association Local Union 254
United Rental
Water Mart

Please support those that support the ALS Society of Manitoba!

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