



ALS SOCIETY OF MANITOBA
LA SOCIÉTÉ MANITOBAINE DE LA SLA

2A-1717 Dublin Avenue, Winnipeg, MB R3H 0H2
EMAIL: HOPE@alsmb.ca
WWW.ALSMB.CA

PH: (204) 831-1510
FAX: (204) 837-9023
TF: (866) 718-1642



2018 PARTICIPANTS WALK PACKAGE

WINNIPEG WALK for ALS

SATURDAY, JUNE 16, 2018

Assiniboine Park - Conservatory Tent

REGISTRATION: 9:00 am

WALK STARTS: 10:00 am

DISTANCE: 5 km

Over the past seventeen years, our WALK for ALS has raised over \$2 Million dollars to help support Research, Client Services and Education!!

Let's continue to grow that number!!

In the **2018 PARTICIPANTS WALK PACKAGE**, you will find the following:

- Walk Map, including new start location, the Walk route and designated parking areas
- Successful Fundraising Tips
- Walk for ALS Fact Sheet
- Walk Pledge Form (*photocopy additional sheets if more are required*)

Important Link:

www.WALKFORALS.ca

to register and create your fundraising webpage

REGISTRATION FEE

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

INDIVIDUALS

The morning of the Walk, we ask that all individual walkers register themselves and hand in their pledge forms and all cash and cheques.

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, cash and cheques.



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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 DAY indicated below. Please ensure that the total amount of cash and cheques collected matches what is indicated on the pledge sheets.

PRE- REGISTRATION DAY

Wednesday, June 13, 2018 - 9:00 am to 7:00 pm

ALS Society of Manitoba

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

* This a good opportunity to purchase ALS merchandise in advance.

REGISTRATION

Saturday, June 16, 2018 – 9:00 am 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 Walker or Team Captain should place all pledge forms and donations (**cash and cheques only**) in an envelope with the following information on the outside:

- TEAM NAME
- INDIVIDUAL /TEAM CAPTAIN'S NAME
- TOTAL NUMBER OF WALKERS
- TOTAL MONEY SUBMITTED

For those with **only online donations**, the registration area will have a list of your total online donations. Once you have confirmed your attendance at the Walk you/your team will receive a 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 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 many fun activities for everyone at the Walk as well as our **AUCTION OF HOPE**. ALS merchandise will also be available for purchase at the Walk.

Thank you in advance for participating!!

2018 WALK for ALS Winnipeg Committee

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

A wheelchair cushion, for example, costs \$500 each.



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NEW - WALK LOCATION

The 2018 WALK for ALS will be at the **CONSERVATORY TENT**, located opposite the Pavilion. Please make sure that you have notified your whole team and anyone coming to cheer you on about this new location. **Please Note:** As in prior years, parking in the Park is limited so we encourage everyone to carpool.



To be prepared is half the victory. -MIGUEL DE CERVANTES

WALK STARTS HERE

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

WATER/WATERBOTTLE	PROPER SHOES	SUNSCREEN	SUNGLASSES	HAT
UMBRELLA	RAIN JACKET	CAMERA	ENERGY FOOD (BARS, TRAIL MIX)	



SUCCESSFUL FUNDRAISING TIPS

The Walk for ALS raises money to be used to support leading edge research across the country and for services for those living with ALS/MND 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:

- 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, here are a few **SIMPLE GUIDELINES** to help you succeed:

- 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 visit **WWW.ALSMB.CA** or contact the **ALS Society of Manitoba** for other promotional material.
- 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.



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SATURDAY, JUNE 16, 2018
 Assiniboine Park - Conservatory Tent



REGISTRATION: 9:00 am
 WALK STARTS: 10:00 am
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FACT SHEET

- 2018 will be the 17th 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/MND is also called Amyotrophic Lateral Sclerosis, Lou Gehrig's Disease or Motor Neuron Disease.
- ALS/MND is a progressive neuromuscular disease in which nerve cells die and voluntary muscles become paralyzed.
- There are approximately 3,000 Canadians currently living with ALS/MND.
- There is currently over 350 people in Manitoba living with ALS/MND. The fastest growing population with ALS/MND is in rural areas.
- 80% of people with ALS/MND die within 2 to 5 years of diagnosis.
- About 10% of the cases are familial.
- ALS/MND affects the whole family, with most of the care 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 **H**elp **O**ur **P**eople **E**very way we can.

ALS - THREE LETTERS THAT CHANGE LIVES FOREVER

Participant Name: _____

Address: _____

City: _____ Province: _____ Postal Code: _____

Email: _____ Telephone: _____

Are you the Team Captain? Y N Team Name: _____

PLEDGE FORM
WALKFORALS.CA
WINNIPEG 2018

I am walking in honour of: _____

My fundraising goal is: \$ _____

DONOR INFORMATION

Please print clearly - If we can't read it, we can't receipt it!

Receipt Req'd	First Name	Last Name	Mailing Address # Street, City, Province	Postal Code	Telephone	Email	Amount Received
Y / N							
Y / N							
Y / N							
Y / N							
Y / N							
Y / N							
Y / N							
Y / N							
Y / N							
Y / N							
Y / N							
Y / N							
Y / N							
Y / N							
Y / N							
Y / N							
Y / N							
Y / N							
Y / N							

WAIVER MUST BE SIGNED BY WALKER

In signing this release I acknowledge that I understand the intent thereof, and I hereby agree to absolve and hold harmless the ALS Society of Canada and ALS Society of Manitoba, corporate sponsors, co-operating organizations and any other parties connected with this event in any way, singly or collectively, from and against blame and liability for any injury, misadventure, harm, loss, inconvenience or damage hereby suffered or sustained as a result of participation in the WALK for ALS in 2018, or any activities associated therewith. I hereby consent to and permit emergency treatment in the event of injury or illness. I also give full permission for use of my name, photo, and video in connection with this event, and to receive email updates about upcoming events and programs.

- Please photocopy this form if you need extra copies
 - Receipts will be issued for all donations of \$20 or more
 - Collect the money when the donor contributes
- Please make cheques payable to:

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2A-1717 Dublin Ave, Winnipeg, Manitoba R3H 0H2
Charitable Registration Number: 120654421RR0001

Subtotal (this page only)	
Grand Total (all pages)	

Signature of Participant _____ Parent/Guardian if under 18 years _____ Birth Year (if under 18 years) _____
Page: _____ Of: _____
Please do not include any online donations on this form