

DONATION TRACKING

Name	Amount	Pd
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____
6. _____	_____	_____
7. _____	_____	_____
8. _____	_____	_____
9. _____	_____	_____
10. _____	_____	_____
11. _____	_____	_____
12. _____	_____	_____
13. _____	_____	_____
14. _____	_____	_____
15. _____	_____	_____
16. _____	_____	_____
17. _____	_____	_____
18. _____	_____	_____
19. _____	_____	_____
20. _____	_____	_____

Total Collected and Enclosed: _____

May Photocopy As Needed

TIPS TO RAISE \$500 In One Week

Day 1: Start by sponsoring yourself for \$25.

Day 2: Ask three family members to sponsor you for \$25.

Day 3: Ask five friends to donate \$15.

Day 4: Ask five co-workers to sponsor you for \$10.

Day 5: E-mail 15 people and ask for a \$10 donation.

Day 6: Ask your company for a \$75 contribution.

Day 7: Ask two businesses you frequent for \$25.

The Key is to **ASK!**

Collect Donations Electronically!

Let “**firstgiving**” make it easier! Ask your family and friends to join you in **RAISING FUNDS** to help support individuals with disabilities.

Using “**firstgiving**” allows you to create your own personal fundraising page. It’s like having an online version of a paper donation sheet and FirstGiving sends the donations straight to The Arc. Please go to our fundraising site –

www.firstgiving.com/arceci

Step 1: Click the orange “Get Started” button.

Step 2: Personalize your own fundraising page.

Step 3: Email your fundraising page to all of your friends, coworkers and family to raise money for The Arc.

**THANK YOU FOR MAKING
A DIFFERENCE!**

13th Annual Disability Awareness Walk



The Arc March

Saturday · March 6, 2010

Lindale Mall Food Court

8:30 am

**Registration · Breakfast
Entertainment**

9:30 am

Walk Begins

The
Arc
Of East Central Iowa

The Arc of East Central Iowa
680 2nd Street SE
Cedar Rapids, IA 52401
319-365-0487
www.arceci.org

Celebrating 57 Years of Serving People with Disabilities and their Families

PRE-REGISTRATION

* To guarantee a t-shirt, registration form and donations must be received by **February 26, 2010.**

REGISTRATION

Per person - \$10.00 or the equivalent in collected donations. Please fill in tracking form on back. Donations and registration will be accepted the day of the walk.

My Contact Information

Name _____

Email _____

Phone _____

- Individual Family Team

FAMILY/TEAM Name _____

Name _____

Name _____

Name _____

Name _____

Name _____

- My company has a matching funds program.** Attached is the matching funds gift form.

- I cannot participate, but please accept my tax deductible contribution**
\$ _____

- Donation in honor / memory of**
Name _____

Indicate t-shirt size needed for each pre-registered walker who has submitted their paid registration by February 26, 2010.

	XS	SM	MED	LG	XL	2XL	3XL
Adult	NA						
Child							

*Additional t-shirts may be available the day of the walk.



13th Annual Disability Awareness Walk
Saturday · March 6, 2010
Lindale Mall Food Court
8:30 Registration · 9:30 Walk

Thank you for supporting The Arc..... YOU MAKE A DIFFERENCE!

The Arc March is the annual awareness walk sponsored by The Arc of East Central Iowa to celebrate Intellectual Disabilities Awareness Month.

The Arc March brings people together to recognize the **possABILITIES** of people and to raise money that supports efforts to enhance the lives of individuals with disabilities in east central Iowa.

At The Arc, our goal is to advocate and provide quality services for people with intellectual disabilities.

The Arc is counting on you. Help reach the goal of **1,000 walkers** and **\$30,000. TOGETHER** we can do it!

Remember: No registration cost **IF** you collect donations of at least \$10.00 per person.

For more information:
Contact Jody Bridgewater at 319-365-0487 Ext. 1045
Email: jbridgewater@arceci.org
or visit: www.arceci.org



SPONSORS as of February 1, 2010

Title	Gold

Friends of The Arc

SIMMONS PERRINE MOYER BERGMAN PLC

ST. LUKE'S HOSPITAL IOWA HEALTH SYSTEM A better place to be	Lefty's Convenience Store - Alburnett
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Patron

HyVee EMPLOYEE OWNED	WMI Employee Owned Van Meter Industrial, Inc.	Mix 96.5 Country 101.1
LINDALE MALL	insync APPAREL & PROMOTIONS	

Waiver / Payment Details

WAIVER: In consideration of being permitted to participate in this event, I hereby for myself, my heirs, and personal representatives assume any and all risks which might be associated with the event. I further waive, release, discharge, and covenant not to sue The Arc of East Central Iowa, its officers, employees, sponsors, organizers, volunteers, or other representatives, or their successors and assigns, for any and all injuries or damages of any kind whatsoever suffered as a result of taking part in the event and/or any related activities. I also agree to the use of any photo, film, or videotape of the event for any purpose.

Signature _____
Guardian's signature if necessary Date _____

This registration is not valid unless signed.

Make checks payable to:
The Arc of East Central Iowa

Please mail/deliver form with donations to:
The Arc of East Central Iowa
680 2nd Street SE
Cedar Rapids, IA 52401

Deadline:
To guarantee a t-shirt, registration & payment must be received **by February 26th, 2010**

The Arc of East Central Iowa is a 501(c)(3) non-profit