

Malden Community Center  
Malden, MO  
Saturday April 28, 2012  
Check-in 9:00 am  
Walk begins 10:00 am

Celebrating 10 Years!  
**Great Steps**  
for NF!



Inaugural Walk  
Neurofibromatosis

**NF Midwest**  
473 Dunham Rd., Ste. 3  
St. Charles, IL 60174  
630-945-3562 (ph)  
greatsteps@nfmidwest.org  
www.greatsteps.org  
**Malden Chair: Crystal Presson**  
Crystal@nfmidwest.org

## Malden Walker Information

### Get Motivated—Start Fundraising Now!

Thank you for showing your support by signing up to join in our inaugural **Great Steps for NF** walk. It's not just about enjoying the day with family and friends, it's also about the awareness and funds that are raised in the months and weeks before. Many teams choose to hold a personal event to raise funds for their team and these events have been wonderful for raising awareness!

### How do I Fundraise? There are many easy ways:

#### Online Donations

Design an online fundraising page with your photos and a personal story at [www.firstgiving.com/nf](http://www.firstgiving.com/nf). Be sure to add your team name and number. Send it to everyone you know!



#### Letter Writing/Donor Forms

Send out a letter along with a donor form and return envelope to family, friends, co-workers, and classmates. Go to your bank, insurance company, hair salon, mechanic, etc.

#### Hold a Fun Event

Some of our top teams are successful because they hold separate events to reach their fundraising goals. These are especially wonderful because they raise awareness. We've seen bowling nights, vendor nights, trivia nights, sock hops, fun fairs and more. Give us a call if you need an idea or need help with a creative one of your own.

#### Pledge Envelopes

Pledge envelopes work well door to door or take them to the office, school, etc. Call the office if you need one.

### Fundraising Tips

- The main reason people donate is because they are asked! You are the key.
- **The goal is for each participant to raise at least \$100.** How can you do that? Here are 3 easy steps: start by sponsoring yourself for \$25, ask one family member to sponsor you for \$25, then ask five friends to donate \$10. How easy is that? Don't stop there! What about your boss, co-workers or local merchants? The possibilities are endless!
- Ask your employer about matching gifts. A form can be obtained from your Human Resources Department. Matching gifts must be secured by Thursday, April 26 to be eligible for prizes.
- Feel free to photocopy the donor forms or go online to [greatsteps.org](http://greatsteps.org) to print more. Contact the NF office if you need them by mail.
- Enclosed is a sample letter that can be used or re-designed to fit your needs.
- Make sure your name and participant number are written on the donor forms. Donor forms are used to write "Thank You's" and for team/individual donation summaries.

### Set a Goal to Win Great Team Prizes!

#### Raise (per team) Receive:

\$1,500	GS Lined Picnic Blanket
\$5,000	GS Fleece Jacket

**Prizes awarded only for monies received by Noon on April 26, 2012.** Funds received the day of the walk cannot be included in level prizes. Substitutions may be made, according to availability.

#### Special points of interest:

- Checks should be made payable to **NF Midwest**.
- Volunteers are needed!
- Get the word out! Please help us display the enclosed poster at your office or local business.
- Please, let us know if you know a business owner or executive that may be interested in a sponsorship.
- We are looking for in-kind donations for raffle baskets.
- Easy 1 mile walk.

#### Where does the money go?

All the money raised will help improve the lives of those affected by neurofibromatosis. We use the funds to support research studies, which have led to discoveries about not only NF, but also cancer and learning disabilities; to improve clinical care; for programs of support and education; and to raise awareness. Keep the hope alive for the over two million people challenged by NF!

## Before the Walk

### Additions to your Team?

It's easy to add more family/friends to your team. Have new team members fill out a registration form, sign the waiver and send it in or sign up online. One registration form per family. Feel free to photocopy the registration form or go to [greatsteps.org](http://greatsteps.org) for more.

## Directions to the Walk

The walk is being held at the Malden Community Center, 607 N Douglass St., Malden, MO 63863

## Morning of the Walk

The location of check-in will be clearly marked. Signs will direct you where to go.

Check-in will begin at 9:00 a.m. Individuals/Team captains are responsible for signing in for yourself/team members. He/she should collect and turn in any pledge monies not sent into NF Midwest. Walkers may be added to your team the day of the walk but **monies collected by late registrants cannot be added to your team total. Register and collect early!**

- Be sure when checking in you receive your complimentary raffle ticket.
- Additional raffle tickets will be available for purchase.
- T-shirts will be located near registration. T-shirts are on a first-come basis for anyone not pre-registered.
- Find the refreshment table and mingle with your fellow walkers.

The walk will begin at 10:00 am. The route will take approximately 30 minutes depending on your speed.

## Time to Celebrate!

After the walk, please join us in celebrating our "Great Steps" for NF. At this time a prize will be given to the top fundraiser. For those who enjoy having a little fun, we will be awarding a prize for that individual, family or team who displays the most creative accessory/costume to express themselves.

Be sure to stay and win some of the fantastic raffle prizes while you enjoy some snacks. Baskets will be raffled after the awards ceremony. Every participant has a chance to win.

## Other Items to Note

- Only foot traffic and strollers are allowed on the route. Bicycles, roller skates, roller blades, scooters, and all motorized vehicles are prohibited unless they are required for a disability.
- For your safety, please stay on the sidewalks and follow the leading walker.
- We will have volunteers along the walk with communications should you need assistance. Please note there will be no emergency services at and along the walk.
- We will be walking rain or shine. Please dress accordingly and use your best judgment in case of lightning.
- If you have ANY questions please give us a call at 630.945.3562 or drop an email to [greatsteps@nfmidwest.org](mailto:greatsteps@nfmidwest.org) or email the Malden coordinator at [crystal@nfmidwest.org](mailto:crystal@nfmidwest.org)

### Continue Fundraising

GREAT STEPPERS can make a difference towards care and a cure! Everyone is strongly encouraged to collect and send in donor monies **prior** to the walk. **Winners are based on money received by April 26.** Please send to NF Midwest, 473 Dunham Rd., Ste. 3, St. Charles, IL 60174.

### Donation Summaries

A summary of your Individual/Team donations will be sent to team captains periodically. As a team captain you are the liaison between the team and the NF office. Please update your team members of your fundraising success.



Don't forget to get creative like this team in Naperville IL whose theme was *Kiss off NF*.



Alex's Angels started the Malden Great Steps for NF Walk.

**Who do you know that could help this important cause?  
We're looking for sponsorships, volunteers and raffle donations.**