

Peace Park at Mizzou Campus
Columbia, MO
Saturday, May 4, 2019
Check-in 10:00 am
Walk begins 11:30 am



**Annual Walk for
Neurofibromatosis**

NF Midwest
473 Dunham Rd., Ste. 3
St. Charles, IL 60174
630-945-3562
greatsteps@nfmidwest.org
www.greatsteps.org

Steps to Making Great Steps Walk 4NF a Success!

STEPS to Success

Be Active on Social Media

When you register for the walk, you're given the ability to create your own personal Great Steps for NF Page on our online fundraising site www.nfmidwest.rallybound.org. Add your pictures, tell your story, request the support of family and friends. Use Facebook, Twitter, and Instagram to spread the word.

Everybody Knows Somebody

Talk about what you're doing and why. Follow up on the conversation by sending out a letter about what you're doing, along with a request for support and a return envelope to family, friends, co-workers, and classmates. Go to your bank, insurance company, hair salon, mechanic, and/or schools. The possibilities are endless. Request for support forms can be found online at greatsteps.org or contact the NF Midwest office to have them mailed to you.

Party with a Purpose by Holding a Fun *Do It 4NF* Event

Some of our top teams are successful because they hold separate events to reach their goals. Raise awareness and support through bowling nights, vendor nights, trivia nights, sock hops, kickboxing parties, poker nights, fun fairs, and more. Give us a call if you need an idea or need help with a creative one of your own.

Be a Boss and Ask your Boss!

See if your employer would like to help. Hold an event at your workplace or form a workplace team. Many places of employment also have matching gift programs. All you, and your team mates, have to do is ask.

So STEP UP and Do It 4NF!

Remember that you're raising awareness about Neurofibromatosis and ongoing support for our work to improve the lives of persons affected by the disorder. Here are some easy steps to get you started.

- Start by sponsoring yourself for \$25
- Ask family members to sponsor you for \$25
- Ask friends to donate \$10
- Follow the STEPS for Success and discover the possibilities!

**Everybody knows somebody who wants to help.
The secret is to JUST ASK!**



Set a Goal and be Recognized with Gifts!

Individuals Raising:

\$500 + - NF Midwest Pocket Flashlight*
\$1000 + - NF Midwest Baseball Hat*
\$2500 or more - Both the NF Midwest Pocket Flashlight and the NF Midwest Baseball Hat plus 10 Free Raffle Tickets to be used at the walk.*

Teams Raising:

\$5000+ - The captain of the team will receive a Top Fundraising flag, a Top Fundraising Iron On Patch, a zip up NF Midwest jacket OR Free 2019 Annual Symposium registration and Family night for 4 or Our Top Golf Event Registration for 4.

\$10,000+ - The captain of the team will receive a Top Fundraising flag, a Top Fundraising Iron On Patch, a zip up NF Midwest jacket AND either a Free 2019 Annual Symposium registration and Family night for 4 or Our Top Golf Event Registration for 4.

See Great Steps Website for more details.

*Recognition gifts will be awarded only for donations received by Noon on May 17th, 2019 and only to those registered with a fundraising site on the NF Midwest Rallybound site.

TIPS BEFORE THE WALK

Additions to your Team?

It's easy to add more family & friends to your team. They can register themselves and join your team, or if you share the link to your team page, they can simply click the join team button on lower right side. You can also Add Walkers by logging in at www.nfmidwest.rallybound.org and clicking **Add Walkers** on the right side of your "My HQ".

Continue Fundraising

During registration our fundraising system allows you to easily set up a page and email it or share it through social media. Donors can also donate directly on your page or send checks and donor forms to:

NF Midwest, 473 Dunham Rd., Suite 3, St. Charles IL 60174

Everyone is strongly encouraged to collect and send in donations **prior** to the walk.

Directions

Peace Park is located on the University of MO Campus, 401 S 9th St, Columbia, MO 65201.

TIPS for the MORNING OF THE WALK

- Registration will begin at 10:00 a.m. at Peace Park, Mizzou Campus, Columbia, MO .
- Team Captains are responsible for checking in team members and picking up t-shirts. You don't need to check-in unless you need to register or have donations.
- Team Captains should collect and turn in any donations not sent into NF Midwest.
- Walkers may be added to your team the day of the walk but **t-shirts are only guaranteed for people who register at least 2 weeks prior to the walk date.**
- Bring money if you would like to buy raffle tickets for your chance at great prizes, for the silent auction or to purchase awareness merchandise.
- Find the refreshment table and mingle with your fellow walkers.
- The walk will begin at 11:30 am.
- The route will take approximately one hour depending on your speed.
- 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.
- Please note there will be no emergency services at Peace Park or along the walk.
- We will be walking rain or shine. Please dress accordingly and use your best judgment in case of lightning.

TIME TO CELEBRATE!

After the walk, please join in celebrating everyone's success. Celebrate with family and friends. Recognition gifts will be awarded and we will have some refreshments.



Make your team FUN! Show some NF spirit and express yourself with creative costumes and accessories.



Special points of interest:

- Checks should be made payable to **NF Midwest.**
- Volunteers are needed!
- Let your donors know about Matching Gift Programs that may be available through their company.
- Please contact us 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.

Where does the

All the money raised is used to improve the lives of people with neurofibromatosis through C.A.R.E..S—**C**linics, **A**wareness, **R**esearch, **E**ducation and **S**upport.



**We need sponsorships, volunteers and raffle donations.
Who do YOU know that might like to support this important cause?**