

Walk4NF

Columbia, Missouri
Saturday, May 31, 2025
Check in starts at 9:00 am
Walk starts at 10:00 am



Neurofibromatosis Midwest

473 Dunham Road, Suite 3
St. Charles, IL 60174
events@nfmidwest.org
630-945-3562

Make Your Walk4NF A Success!



Rally Your Family, Friends, Neighbors, and Co-Workers!

- Come up with a team name and maybe even a theme.
- Raise funds and awareness before the walk.
- Post on your social media and encourage others to share. **Use #walk4nf**
- The walk will be between 1/2 mile and just under 2, depending on your route.
- There will be music and snacks.

What to Expect the Morning of the Walk

- The Walk4NF Columbia will be held at Stephens Lake Park in Columbia. Enter in the lot off of East Broadway, follow the road to the Gordon Shelter. There is a public parking lot there.
- Find the blue NF Midwest tent to check in. No need to check in with everyone, just your team captain is enough. Captains will receive their teams' t-shirts and any recognition prizes their fundraisers earned. Individuals will be sorted by name, teams by team name.
- You can purchase awareness merchandise and raffle tickets at the NF Midwest tent.
- Browse the raffle baskets, grab a snack, say hello.
- The walk will begin at 10:00am. The loop is about a mile, there is a bridge that reduces the loop to about a 1/2 mile. Typically, teams do two laps but please do what you feel comfortable with.
- To protect our community and the integrity and reputation of NF Midwest, you will be required to follow whatever social distancing recommendations are in place at the time of the walk.

Thank You for Stepping Up 4NF

Remember that you are raising awareness about Neurofibromatosis (Types 1 and 2) and Schwannomatosis and the ongoing support for our walk to improve the lives of people affected by these disorders. Thank you!

Personalize Your Page and Share Your Story

Create your own personal Walk4NF fundraising page at www.walk4nf.org. Add your pictures, tell your story, and request support from family and friends. Adding family and friends to your team is easy! Find the option in your dashboard.

Get Started

Donate \$25 to yourself and ask family and friends to do the same. Be sure to always give donors a “Thank You” shout out on your fundraising page or in a social media post.

Share, Share, Share! It Really Does Raise Awareness!

Share your page and story on social media including Facebook, Twitter, Instagram, Tik Tok and more. Talk about what you’re doing and WHY! Don’t forget emails or “snail” mail. Ask businesses you love to support your efforts- insurance brokers, dentists, hair salons, car dealerships and mechanics, and more have been known to donate.

Put the FUN in FUNdraise with Do It Your Way Events!

Most of our top teams are successful because they hold separate events to reach their fundraising goals. Raise awareness and support through bowling nights, vendor events, trivia night, poker night, fun fairs, and more. A lot can be done virtually as well. Give us a call if you need an idea or help with on of these Do It Your Way Events.

Be a Boss and Ask Your Boss!

See if your employer would like to help! Hold an event at your workplace or ask your coworkers to join your team. Many places of employment offer matching donation gift programs. All you, and your teammates, have to do is ask!

In Search of Sponsors and Raffle Prizes

Please, think of businesses you frequent who may be interested in sponsoring the walk or donating a raffle prize or basket. Did you know you get the “credit” if you secure a sponsorship? One way to get raffle prize is by redeeming credit card points. Raffle items can include tickets to local attractions, sporting events, zoo, or more.

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

How Are Funds Used?

All of the money raised is used for the general mission of NF Midwest to improve the lives of people with neurofibromatosis and schwannomatosis through C.A.R.E.S.—Clinics, Awareness, Research, Education, and Support.

Sample of a fundraising appeal letter you can share on social media, email, or use for a regular mailing.



Dear Family and Friends,

Thank you so much for all of your love, support, and prayers over the last few months/years. We are writing you to ask for your support for the neurofibromatosis cause. As you may know, our daughter Jane was diagnosed with neurofibromatosis type 1 or NF1 this past January.

Her doctors found what they consider a low-grade brain tumor on her optic nerve as a result of this disorder. Jane has been undergoing chemotherapy treatment and will continue over the course of the year in hopes to stabilize the tumor's growth to keep her eyesight intact. She also undergoes MRIs every three months to note the progression of the tumor. She is a true inspiration and shows such bravery and strength at such a young age!

Neurofibromatosis is set a genetic disorders of the nervous system that causes that growth of tumors to form on nerves anywhere in the body. NF affects 1 in 2,000 people worldwide. If can cause many symptoms and affects each person differently. Currently, there is no cure for this disorder.

As everyone with NF does, we are learning to live day by day. We are hoping for a future that will bring us new opportunities for treatment and eventually a cure for this disorder. This is where you, our family and friends come in. You play an important role in helping us to get that much closer to this goal.

In honor of Jane, we have for a team called "Join for Jane". We will be honoring her by walking for a cure in the Walk4NF event on Saturday, April 20, 2024 at the Stephens Lake Park in Columbia, MO. We are walking to help raise awareness about neurofibromatosis (NF) and to raise funds to support NF research.

NF Midwest is the local regional non-profit that C.A.R.E.S. to help improve the lives of people with NF. By donating to my page, YOU are helping in this mission of C.A.R.E.S.—Clinics, Awareness, Research, Education, Support.

Thank you so much for your generosity and helping us "Join for Jane" to raise NF awareness in the hopes to finding a cure! Please remember that no gift/donation is too small! Feel free to forward this to anyone who may wish to donate to the cause as well! Thank you from the bottom of our hearts.

With heartfelt gratitude,

Joe and Jean Smith

Raffle items



Your help is needed!

We need your help more than ever to find raffle prizes for our Walk4NF Events.

Would you like to sponsor a basket or an item for the basket raffle?

We would like baskets or items to be at least \$150 value. Please get your basket to the local Walk coordinator one week prior to the event. We can also combine items to create a themed basket.

While it is acceptable to purchase items, try to get as many donations as possible.

Some ideas to consider:

- Use reward points from your bank or credit card
- Ask your bank or other business that you have a relationship with, they often have nice giveaways.
- Have a home party like Pampered Chef, Tastefully Simple, Thirty-One etc. and donate your freebies.
- Consider asking your company to sponsor a basket or donate a gift card or merchandise.

Ideas that we have for themed baskets are listed below:

- Restaurant basket -gift cards from different chain restaurants
- Young Child (age 5-11) -Disney, games, super hero, Lego
- Teen (age 11-17)-snacks, makeup, electronics, gift cards, dorm
- Family/Home-family road trip, baking, gardening, camping
- Car care basket
- Golf basket
- Wine, champagne, martini baskets
- Relaxation basket-spa certificate, lotions, candles
- Tool, hunting, fishing basket
- Popular electronics
- Pet basket
- Lottery scratch off ticket board

Ideas for larger items could be:

- Spa weekend or hotel stay
- Flat screen TV
- Signed objects for celebrities/sport stars, etc.
- Event or sports tickets

If anyone has any other ideas, let us know.

Please contact us at events@nfmidwest.org or call 630-945-3562, if you have something to donate so we can keep track of all donations. Note raffle donations can not be put towards team donation totals.



2025 Walk4NF

Community Supporter Opportunities

At least four walks will be held and an information booklet published which information to the neurofibromatosis community NF Midwest serves which includes Illinois, Wisconsin, Iowa, Indiana, Kentucky and the eastern half of Missouri.



Boosting Our Community, One Step at a Time

In our local community, the backbone of our Walk4NF program is the unwavering support of businesses, organizations, and individuals like you. In most neighborhoods, there are families touched by neurofibromatosis, and your assistance can make a world of difference.

Whether it's through financial support, a raffle basket contribution, or a generous in-kind gift, your involvement equips NF Midwest with the resources it needs to champion its mission: "Improving the lives of children, adults, and families impacted by neurofibromatosis."

We sincerely appreciate your consideration of support, and we've outlined various levels for you to consider. Your partnership is the heart of our community, and together, we're making strides toward a brighter future. Thank you for being a vital part of this journey!

Awareness Advocate - DONATION: \$1,000 - Listing and link on Walk4NF info QR page · Listing on the walk website page · Listing in 2025 Program Book on event sponsorship page

Community Supporter - DONATION: \$500 - Listing on the walk website page · Listing in 2025 Program Book on event sponsorship page

Community Partner - DONATION: \$250 - Listing in 2025 on the walk website page

Awareness Ally - In-Kind DONATION - In lieu of cash donations consider helping us out with food, giveaways, prizes, services etc. What can you add to the fun? *Examples....Chips, granola bars, water, toothbrushes, pencils, trinkets, branded items*

Questions? Contact Ted Woodlock, 630-945-3562 ext. 3, tedwoodlock@NFMidwest.org

Company Name: _____ Primary Contact: _____

Address: _____ City _____ State: _____ Zip Code: _____

Phone: _____ Email: _____

Walk Location (circle): **Madison, WI—May 10** **Indianapolis, IN—May 17** **Columbia, MO—May 31** **Naperville, IL—June 7**

Sponsorship Level: \$5,000 \$2,500 \$1,000 \$500 \$250

Raffle Basket - Estimated Value: _____ In-Kind Donation - Item(s) & Estimated Value _____

Please give sponsorship credit to: Fundraiser Name _____

Method of Payment:

Check Enclosed

Credit Card, please call

Please Invoice Me

We authorize NF Midwest to include our corporate name and logo on all Walk4NF materials consistent with our sponsorship selection and publication dates. Please email artwork to events@nfmidwest.org.

Authorized Signature: _____

Checks should be included with this form and made out to NF Midwest 473 Dunham Rd., Suite. 3, St. Charles, IL 60174 · Phone: 630-945-3562

NF Midwest is a non-profit 501(c) 3 organization, tax deductions to the amount allowable by law. (FEIN # 22-2580173)