

Team Up For A Cure



WALK | ARTHRITIS FOUNDATION

Thank you for participating in the 2009 Arthritis Walk!

You are a crucial part in the success of the Arthritis Walk. Your support and fundraising efforts will help us find a cure for the more than 100 forms of arthritis. Let's Move Together and raise money for a cure!

This participant packet contains all the tools you'll need to get ready for the Arthritis Walk. If you would like additional help, please contact the appropriate Arthritis Foundation staff person in your area:

Minnesota	Lindsey Kumlien	651-644-4108	lkumlien@arthritis.org
North Dakota	Denise Mathern	701-388-1988	dmathern@arthritis.org
South Dakota	Chris Davis	605-642-3252	cldavis@arthritis.org

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Arthritis Walk dates and locations

May 2, 2009

Mankato, Minn. - mankato2009.kintera.org
Fargo, N.Dak. - fargo2009.kintera.org

May 16, 2009

Duluth, Minn. - duluth2009.kintera.org
Rapid City, S.Dak. - rapidcity2009.kintera.org
Baxter, Minn. - northernlakes2009.kintera.org

May 9, 2009

Bismarck, N.Dak. - bismarck2009.kintera.org
St. Cloud, Minn. - st.cloud2009.kintera.org

Sept. 26, 2009

Edina, Minn. - twincities2009.kintera.org

We look forward to seeing you at the walk!

Why walk?

Our mission

The mission of the Arthritis Foundation is to improve lives through leadership in the prevention, control and cure of arthritis and related diseases. The North Central Chapter serves residents of Minnesota, North Dakota and South Dakota where more than two million people are living with at least one of the 100 different forms of this chronic disease.

Where does the money go?

Research: We are the largest private, non-profit contributor to arthritis research in the world.

Education: Money raised will help the Arthritis Foundation educate the more than one million people in our chapter area living with arthritis through newsletters, brochures, books and educational seminars.

Programs: We offer adults and children the opportunity to take control with our life improvement series, which includes Exercise, Aquatic and Self-Help classes.

Fast Facts About Arthritis

To get people to “walk the walk,” you have to be able to “talk the talk!” Use the information below to increase your fundraising success. This is also great information to use when writing letters, or asking for donations.

- More than 46 million Americans or one in five adults plus nearly 300,000 children have some form of doctor diagnosed arthritis.
- Arthritis is one of the most prevalent chronic health problems and the most common cause of disability.
- Arthritis limits everyday activities such as walking, dressing and bathing for millions of Americans.
- Arthritis results in 39 million physician visits and more than a half million hospitalizations.
- Arthritis costs the U.S. economy nearly \$128 billion annually.
- Arthritis affects people in all age groups including nearly 300,000 children.
- Baby boomers are now at prime risk. More than half of those affected by arthritis are under age 65.
- Arthritis refers to more than 100 different diseases that affect areas in or around joints.

Let's Move Together

Let's Move Together is a nationwide movement led by the Arthritis Foundation that encourages people to move to prevent or treat arthritis. You have joined the movement by committing to walk in the 2009 Arthritis Walk. But don't stop there...move daily for better health. Let's Move Together is about the overall good health and empowerment gained through every day movement. It's about overcoming the obstacles of arthritis and even preventing the disease by taking the first step toward a lifetime of physical activity.

Arthritis can be a painful, life-impacting condition, but its effects may be lessened through physical movement. Walking just 30 minutes a day – even 10-15 minutes at a time – can ease joint pain, improve mobility and reduce fatigue often associated with arthritis. To learn more, visit letsmovetogether.org.

How To Start Fundraising

With online fundraising, it's easy to gather donations!

Step 1—Set Up Your Web page

- Visit <http://www.arthritis.org>, keyword: North Central to find your local Walk Web site.
- On your local Web site page, click on the “Sign Up” button and then select “Join as an Individual.” If you would like to join someone else’s team, select “Join a Team.”
- Each participant receives their own personal Web page. Follow simple steps under the “My HQ” tab to create a theme, edit the text and choose your own photo to make this page your own. Bring your enthusiasm to life by sharing your reasons for supporting the Arthritis Foundation with every site visitor.
- Use the “E-mail” tab to send e-mails to friends, family and colleagues, inviting them to make a donation and/or walk with you. A link to your Web page will be included in every e-mail sent.

Step 2—Start Fundraising

- Set a fundraising goal, and make sure to let your potential donors know the amount you are striving to achieve. Raise just \$100 and you'll receive an official Arthritis Walk T-shirt - FREE!
- Make it safe and convenient for donors by encouraging them to donate online. The donation process is secure and none of their personal data will be shared.
- Dedicate your fundraising effort to an individual living with arthritis. Walk and raise funds in their honor. Your honoree can be a co-worker, classmate, friend or family member with arthritis. Putting a face with the cause helps donors realize the impact of the disease.

Step 3—Have FUN and Thank Your Donors

- Make sure to thank your donors for their support. Let them know that they have made a difference in the lives of those living with arthritis.

FUN-draising Ideas

Host a party: Throw a great party and charge admission! Use your house or partner with a local bar or restaurant that gives you a portion of the evening’s cover charge.

Host a spring cleaning yard sale: Sell your unwanted items and put the profit towards your goal. If family/friends don’t want to donate, suggest that you sell their unwanted items and let you keep the profit as a donation.

Approach your company: Many companies will give a flat donation or have a matching gift program. These programs usually match donations given by employees. Be sure to approach your Human Resources department to learn the details. Then ask all your coworkers for donations!

Schedule a share-the-profit event: Many local restaurants will give a portion of a day’s profits to a specific cause. Set this up with restaurant management and notify your friends, family, etc. to visit the establishment on the scheduled day.

Fast and easy e-mail campaigns: Raise more money in less time by sending e-mails from your online Arthritis Walk headquarters (set up automatically when you register online). Use the provided sample e-mail templates or customize your own, send e-mails and watch the online donations roll in from your friends, family and co-workers!

Incentive prizes

Earn great prizes for fundraising! Turn in your pledges by May 30 and you will be eligible for our fabulous incentive prizes!

let's move together
WALK ARTHRITIS FOUNDATION

2009 National Arthritis Walk Incentive Program

<p>\$250</p> <p>FM Stereo Radio & Case</p> <p>Picture Frame</p> <p>Sports Fitness Watch</p> <p>Hope Necklace</p> <p>Walk Totebag</p> <p>Pet Leash</p>	<p>\$350</p> <p>Walkwear Totebag</p> <p>Insulated Drink Cooler</p> <p>Self-powered Radio/Light Cellphone Charger</p> <p>JENSEN Dual Alarm Clock Radio</p> <p>\$25 Gift Certificate in AF Gear eStore</p> <p>Fashion Sweatshirt</p>	<p>\$500</p> <p>Sports Duffel</p> <p>USB Mp3 Player</p> <p>Folding Lounge Chair</p> <p>Hammered Sterling Silver Necklace</p> <p>Digital Picture Keyring</p> <p>\$35 Gift Certificate in AF Gear eStore</p>	<p>\$750</p> <p>iPod Dock AM/FM Clock Radio</p> <p>\$50 Gift Certificate in AF Gear eStore</p> <p>Ladies Fashion 3/4 Sleeve V-neck</p> <p>Heart-rate Exercise Watch</p> <p>Collectible Afghan</p> <p>Soft Pet Bed</p>
<p>\$1000</p> <p>DIGITAL Picture Frame Mp3 Player</p> <p>BLACK & DECKER Cordless Drill</p> <p>\$100 Gift Certificate in AF Gear eStore</p> <p>JENSEN iPod Dock FM Stereo</p> <p>COMPACT Digital Camera</p> <p>COLEMAN Camping Tent</p> <p>iPOD® Shuffle with Music Card</p>	<p>\$2500</p> <p>FLIP Video Camcorder</p> <p>SONY DVD Player</p> <p>GARMIN Nuvu GPS</p> <p>Tiffany Style Sterling Silver Bracelet</p> <p>WEATHERPROOF Jacket Mens and Womens Style</p> <p>iPods Nano</p> <p>SPALDING Electronic Basketball Game</p>	<p>\$5000</p> <p>TREK® All Terrain Bike</p> <p>SONY HD Camcorder</p> <p>Wii® Gaming System</p> <p>COLEMAN Family Tent</p> <p>iPOD® touch Player & Music Card</p> <p>TREK® Sports Stroller</p> <p>FANASONIC DVD Player</p>	<p>\$10,000+</p> <p>SAMSUNG LCD Color HDTV</p> <p>NIKON Digital Camera</p> <p>BOSE® Sounddock with IPOD®</p> <p>BOSE® Wave CD Stereo</p> <p>LOGITECH Remote Control Media Player</p> <p>WEBER Gas Grill</p> <p>CALPHALON Pro Cookware</p>

View the prizes at www.arthritiswalkprizes.org/2009incentives.htm