



## Alle Shea's Walk-n-Wheel for Better Bones

**Walk or wheel individually:** Join with walkers and wheelchair users, exercising for themselves or participating to help others with OI. The pledges you raise will help us improve lives!

**Form a team:** A team can be 2 or more people. Recruit everyone you know, come up with a fun name, and motivate each other!

**Show your Spirit:** If you don't want to walk or wheel, contact us about volunteering or just come and cheer us on. Everyone is welcome!

**Raise Funds:** We hope that you join us. However, if you are unable to attend, you can still help by making a gift or raising pledges.

### 2009 Making Strides Prizes

All walkers who meet their fitness goal will receive a certificate of completion!

If you raise . . .	You will receive . . .
\$50	<i>Alle Shea's Walk-n-Wheel</i> OI event T-shirt
\$250	<i>Alle Shea's Walk-n-Wheel</i> T-shirt & a \$25 Gift Card
\$500	<i>Alle Shea's Walk-n-Wheel</i> T-shirt & a \$50 Gift Card
\$1,000+	<i>Alle Shea's Walk-n-Wheel</i> T-shirt & a \$100 Gift Card



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### It's More Than A Fundraiser . . .

*Alle Shea's Walk-n-Wheel* is part of *Making Strides for Better Bones*, a series of walk-n-wheelchair events throughout the country designed to:

- Build awareness of osteogenesis imperfecta (OI);
- Promote activities that lead to better bone health; and
- Raise support for the Foundation's research, education, awareness, and mutual support activities.

### Osteogenesis Imperfecta . . .

Osteogenesis imperfecta (OI) is a genetic bone disorder characterized by fragile bones that break easily. It is also known as "brittle bone disease." Rolling over in bed or sneezing can cause a fracture. In addition to frequent fractures, other symptoms can include loss of hearing, brittle teeth, or respiratory difficulties. There is no cure for OI yet, which affects an estimated 20,000 - 50,000 people in the United States.

### The OI Foundation . . .

The Osteogenesis Imperfecta (OI) Foundation began in 1970. The Foundation's mission is to improve the quality of life for people affected by OI through research to find treatments and a cure, education, awareness, and mutual support. The OI Foundation holds a Biennial National Conference for families impacted by OI; produces informational fact sheets, books, and other resources; and funds approximately \$1 million in research each year.



## Alle Shea's Walk-n-Wheel for Better Bones

**Sunday, August 23, 2009**  
Registration begins at 10:00 a.m.  
Walk-n-Roll steps off at 11:00 a.m.

at

**West Irondequoit  
High School**  
260 Cooper Road  
Rochester, NY 14617

For more information about this event, visit [www.oif.org/HH\\_walk](http://www.oif.org/HH_walk). You also can contact Kim & Angelo Collazo at [allesheaproject@yahoo.com](mailto:allesheaproject@yahoo.com) or (585) 266-5115.

## Tips for Fundraising

- √ Send a fundraising e-mail or letter to family and friends.
- √ Create a personal web page at [www.oif.org/rochesterwalk09](http://www.oif.org/rochesterwalk09) and raise pledges online.
- √ Remind donors that their employer may match the gifts they make.
- √ Hold an event to raise extra dollars, such as a bake, book, or garage sale.
- √ Ask everyone that you know to support you. That way you are raising funds and building awareness at the same time!

## Don't Forget to Ask Your . . .

- Neighbors
- Boss and co-workers
- Fellow association or club members
- Friends
- Family members
- All your Doctors!
- Local businesses that you frequent

## When you arrive

Because of the costs and volunteer time involved in holding this event, we request that you come to the event with your completed pledge sheet and the minimum amounts listed below.

You can meet these amounts either by raising pledges or making a donation:

- Family** \$60
- Adults** \$25 (18 or older)
- Students** \$10 (6-17; children under 6 free.)

*Thank you for your generous support of our event!*

## Participant Pledge Sheet

*Please collect donations in advance.*

My fitness goal is to walk or wheel \_\_\_ laps.  
(Each lap is approximately 1/4 mile.)

Your Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Team Name: \_\_\_\_\_

## Driving Directions

Take Route 104 West past the Bay Bridge. Exit at Hudson Avenue and turn right. Right on Titus and a left on Cooper.

Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Donor's Name	Address	Amount
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		
13.		
14.		
15.		
16.		
<b>TOTAL</b>		<b>\$</b>

Check this box to decline your gift card prizes and instead have those funds donated back to the OI Foundation.

- Please make all checks payable to the OI Foundation.
- Bring all donations to the event.
- Gift cards will be mailed to you after the walk.