



**Gilda's Walk for Wellness: Helping Kids with Cancer** is an event filled with activities for the whole family. All proceeds from the walk benefit the children's programs at Gilda's Club.

### Activities

- Greece Athena Middle School Theatre
- Raffles
- Bagels, coffee, and juice
- Face painting, costumed characters, clowns, kids' crafts, and more



Gilda's Club Rochester, an affiliate of the Cancer Support Community, provides a meeting place where men, women, and children living with cancer, along with their family and friends, join with others to build emotional and social support. All programs are free of charge and open to all.

The Walk for Wellness features a Marrow Drive sponsored by Marrow Drive Rochester. Trained volunteers will be on hand to administer a painless and free test to determine your marrow type. More than 30,000 people are diagnosed every year with deadly blood-related diseases like leukemia—a few minutes of your time could save someone's life! For more information, please visit [www.marrowdrive.org](http://www.marrowdrive.org).



## Sponsor Form

If you are using this form to collect donations, bring this form with your pledge money the day of the walk.

\_\_\_\_\_  
Name

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

\_\_\_\_\_  
Phone

\_\_\_\_\_  
Address

\_\_\_\_\_  
City/State/Zip

\_\_\_\_\_  
Email



Gilda's Club is grateful to have sponsors pre-pay by cash or check (made payable to Gilda's Club Rochester).  
**Please print clearly.**

	Name	Address	Email	Amount	Cash/Check	Paid?
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
				<b>Total:</b>	\$ _____	



## Registration Form

### Two Easy Ways to Register!

- 1 **Online** at [www.gildasclubrochester.org](http://www.gildasclubrochester.org).
- 2 **Mail** this form to the address below.

\_\_\_\_\_  
Name

\_\_\_\_\_  
Address

\_\_\_\_\_  
City, State, Zip

\_\_\_\_\_  
Phone

\_\_\_\_\_  
Email

### Join the Fun!

- I am participating as an individual.
- I am walking as a team.  
Team Name: \_\_\_\_\_ # in Group: \_\_\_\_\_  
T-Shirt Size (Men's S-XXL): \_\_\_\_\_
- Walk entry fee \$20 before January 31, 2010 / \$25 after.**
- I can't come to the walk.  
Here is a tax-deductible contribution: \$ \_\_\_\_\_

### Payment Information

Visa  MC  Amex  Discover  Check

\_\_\_\_\_  
Card # Exp. Date

\_\_\_\_\_  
Name on Card

\_\_\_\_\_  
Signature

**WAIVER:** In consideration of acceptance of this entry to Gilda's Club Rochester's Walk for Wellness: Helping Kids with Cancer, I hereby for myself, my administrators, my heirs and assigns assume any and all risks that might be associated with the event and I further waive and release any and all claims, including negligence, I may have against Gilda's Club Rochester, the organizers, volunteers, and sponsors of the event, The Mall at Greece Ridge, including their owners, directors, and representatives for any injuries and damages of any kind whatsoever suffered by me as a result of participation in the event and related activities. I also hereby give full permission for use of my name and photograph in conjunction with the event.

Signature required. *Entry void without signature.*

\_\_\_\_\_  
Signature of Parent or Guardian (if participant is under 18)



**Gilda's Club Rochester**  
255 Alexander Street Rochester, NY 14607  
phone: 585-423-9700 • fax: 585-423-9072  
email: [jlester@gildasclubrochester.org](mailto:jlester@gildasclubrochester.org)



## Kristian's Story

We are proud to honor Kristian Snowden with the Jerry Flynn Award for Courage.

This past May, Kristian celebrated his twenty-first birthday, an event which he certainly did not take for granted. At the age of 5 1/2, Kristian was diagnosed with standard risk acute lymphoblastic leukemia (ALL), for which he endured a grueling, two-year routine of chemotherapy. With the help and support of the medical staff at Strong Memorial Hospital, Kristian has been in remission for thirteen years.

Kristian is enjoying the typical life of a young adult; he is in the SUNY Oswego class of 2011, majoring in graphic design.

Over the years, Kristian has participated in many Gilda's Club programs for young people. He began attending Gilda's Club Camp Open Arms when he was six years old and, upon turning sixteen, turned his story into inspiration for other young students, becoming head counselor for the three- to five-year-old age group. His enthusiasm, energy, and spirit transform scared toddlers into veteran campers!

Congratulations, Kristian, not only for your own story of courage, but for your willingness to inspire and share it with others!

## 1 Register

### Easy online fundraising website!

You can register online and create a personal donation webpage where you can ask your friends and family via email to support you! It's easy. You can also create your own team webpage and invite family, friends, and coworkers to be a part of your team! Visit [www.gildasclubrochester.org](http://www.gildasclubrochester.org) to register today. If you have any questions, please call 585-423-9700. You can also fill out the attached form and mail it to Gilda's Club.

Non-Profit Org.  
US Postage  
PAID  
Rochester, NY  
Permit #1523

## 2 Gather Donations

With the website tool, asking your friends, family, and co-workers to sponsor you couldn't be easier! Track who has donated to you with ease, and send personalized thank you emails. You can also collect cash and checks and mail them to Gilda's Club, or bring them with you to the walk.

- Raise \$75: Receive a Gilda's Club Long Sleeve T-Shirt
- Raise \$250: Receive a Gilda's Club Fleece
- Raise \$500: Receive an iPod Shuffle

**And the team that raises the most money will receive a day at Frontier Field which includes tickets to a Red Wings game and a \$100 food voucher!**

## 3 Walk on February 7th

Bring both the pledge form and donations to the Mall at Greece Ridge. A record of the pledges from your personal fundraising webpage will be waiting for you at check-in.

8:00 AM Registration and Activities  
10:00 AM Walk Begins!

If you have any questions or would like to volunteer on the day of the walk, please contact Johanna Lester at 585-423-9700 or email [jlester@gildasclubrochester.org](mailto:jlester@gildasclubrochester.org).

**Gilda's Club Rochester**  
255 Alexander Street  
Rochester, NY 14607  
585.423.9700  
[www.gildasclubrochester.org](http://www.gildasclubrochester.org)

RETURN SERVICE REQUESTED

## Gilda's Walk for Wellness

# Helping Kids with Cancer



**Sunday, February 7, 2010**  
**The Mall at Greece Ridge**  
**8:00 AM: Registration & Activities**  
**10:00 AM: Walk Begins!**



**Sponsored by the**  
**Greece Athena Middle School Theatre**  
**presenting Oliver**  
**February 26 & 27**  
**March 5 & 6, 2010**

