



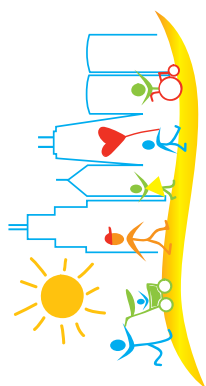
Les Turner ALS Foundation's  
7th Annual ALS Walk4Life

Saturday, September 13, 2008

Check-in: 8:30 a.m.

2-Mile Walk begins: 10:00 a.m.

Montrose Harbor along the Chicago Lakefront



## What is ALS?

Amyotrophic lateral sclerosis (ALS), commonly known as Lou Gehrig's disease, is a progressive neuromuscular disorder in which degeneration of nerves leads to muscle weakness and impaired speaking, swallowing and breathing, eventually causing paralysis and death. The clinical progression can vary widely; however, patients typically live with the disease two to five years after the onset of symptoms. Although some ALS symptoms are treatable, there is currently **NO CURE**.

### ALS Facts

- At any one time, there are over 35,000 people in the United States living with ALS
- Each day, 15 people are newly diagnosed with ALS
- ALS typically strikes adults between 40 and 70 years of age
- ALS occurs throughout the world regardless of racial, ethnic or socioeconomic status

### Why I Walk4Life

"People make a much bigger impact together working as a team. That's why I ask everyone I know to join me and my team for the ALS Walk4Life. The Walk brings you and your family closer together while supporting and raising awareness for ALS. It is truly an event to remember!"



Len Kunka at the 2007 Walk

- Marcie Callicot  
On behalf of the *Kunka Family and Len's Den*  
**2008 ALS Walk4Life Family Chair**

## Who we are

Established in 1977, the Les Turner ALS Foundation is one of the nation's preeminent organizations dedicated solely to raising funds for the treatment and elimination of ALS. The Foundation has been affiliated with Northwestern University Feinberg School of Medicine since 1979, where it funds both a clinical care program (Lois Insolita ALS Center) and a world-class scientific research facility (Les Turner ALS Research Laboratory).

### The Foundation's mission supports the raising of funds to:

- Advance scientific research into the causes, treatments and prevention of ALS
- Provide people living with ALS, their families and caregivers exceptional clinical care and support services
- Increase awareness and education of ALS

### Services provided to ALS patients and their families include:

- Clinical care at the Lois Insolita ALS Center
- A Home Care and Community Services Team
- Monthly support group meetings
- Ralph Russo Patient and Family Services Grant Program
- Respite Grant Program
- Communication and durable medical equipment banks
- Stuart Rosen ALS Transportation Program
- Educational programs for patients, caregivers and healthcare professionals



Les Turner ALS Foundation  
5550 W. Touhy Avenue, Suite 302  
Skokie, IL 60077

For more information  
call (847) 679-3311

Register online!  
[www.lesturnerals.org](http://www.lesturnerals.org)

# ALS Walk4Life

# How to Walk4Life

The Les Turner ALS Foundation invites you to be part of Chicagoland's largest ALS gathering – the ALS Walk4Life. This two-mile walk along Chicago's lakefront is a celebration of hope, courage and community, and is the perfect way to show your support for those affected by ALS. Join us in breaking last year's fundraising total... together we can raise \$1 million!

- Bring your family, friends, neighbors, colleagues, dogs, classmates... EVERYONE
- The route is wheelchair, stroller and pet accessible
- All participants receive an ALS Walk4Life t-shirt
- After crossing the finish line, stop by the many tents for information, food and fun!
- There will be plenty of entertainment, including the Jesse White Tumblers, a moon walk, balloon artists, temporary tattoos and more!
- Bring a picnic and enjoy the day – or order lunch in advance (order form online)
- We'll walk rain or shine
- Passenger drop-off point and reserved patient parking available
- Directions and map on [www.lesturnerals.org](http://www.lesturnerals.org)

## Why I Walk4Life

"I walk to continue the fight my father fought so bravely. Through the Walk and our team's fundraising efforts, his courage and tenacity live on."



- Emily DeMayo  
Team Captain, Miles for Monte  
2007 Fundraising Leaders

## Form a Team

- Organize any group of two or more people
- Choose a team captain and team name
- Teams are given their own web page for supporters to visit, donate and/or join the team
- Contact the Foundation, or visit our web site, to obtain a captain's packet, which includes the tools needed to help your team succeed

OR

## Walk and Fundraise as an Individual

OR

## Become a Virtual Walker

Virtual walkers are given the tools to raise awareness and funds for the Walk, but don't physically attend the event.

# Register Now!

Visit [www.lesturnerals.org](http://www.lesturnerals.org) and follow the instructions for online registration.

OR

Complete the attached registration form and mail or fax back to the Foundation office:

Les Turner ALS Foundation  
5550 W. Touhy Ave., Suite 302  
Skokie, IL 60077

Fax: (847) 679-9109

**Already registered? Pass this along to a friend and invite them to join you.**

# Contributors



# Register:

|  |   |                                 |
|--|---|---------------------------------|
| Name   | Gender (M/F)  | D.O.B.                          |
| Address  |   |                                 |
| City   | State   | Zip                             |
| Home Phone   | Work Phone  |                                 |
| Email (Your email will be added to our distribution list)                                      |   |                                 |
| Company Name   |   | Y / N<br>Matching Gift Program? |
| <input type="checkbox"/> I am walking with a Team  | <input type="checkbox"/> Please register me as a Team Captain |                                 |
| Team name: _____   |   |                                 |
| <input type="checkbox"/> I am walking as an individual (not walking as a member of a team)     |   |                                 |
| <input type="checkbox"/> I am a virtual walker   |   |                                 |
| <input type="checkbox"/> I'm unable to participate, but enclosed is my tax-deductible donation |   |                                 |

## I am participating in the ALS Walk4Life

- as a person living with ALS
- in honor of \_\_\_\_\_
- in memory of \_\_\_\_\_
- other \_\_\_\_\_

**TOTAL ENCLOSED: \$ \_\_\_\_\_** (DO NOT SEND CASH, convert all cash to check or money order)

*Waiver: I hereby waive all claims against the Les Turner ALS Foundation, sponsors or personnel for any injury that I may suffer from my participation in this event. I grant full permission for organizers to use photographs, videotapes, motion pictures, recordings or any other record of this event in which I may appear for any legitimate reason. Having read this waiver and knowing these facts, and in consideration of this acceptance of my entry, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waiver, release and discharge the Les Turner ALS Foundation, The City of Chicago, Event 360, Chicago Park District, event officials, volunteers, and any other sponsors, suppliers, agents, independent contractors, employees and other personnel in any way assisting or connected with this event.*

Signature \_\_\_\_\_ Date \_\_\_\_\_  
Participant or parent/legal guardian, if under 18

**Les Turner ALS Foundation**  
5550 W. Touhy Ave., Suite 302  
Skokie, IL 60077

# Contribution Form:

Each walker is encouraged to raise at least \$100 in donations for the ALS Walk4Life.

| Name                      | Donation | Matching Gift |
|---------------------------|----------|---------------|
| 1. <u>My Contribution</u> | \$ _____ |               |
| 2. _____                  |          |               |
| 3. _____                  |          |               |
| 4. _____                  |          |               |
| 5. _____                  |          |               |
| 6. _____                  |          |               |
| 7. _____                  |          |               |
| 8. _____                  |          |               |
| 9. _____                  |          |               |
| 10. _____                 |          |               |

Photocopy this form for additional donors or other walkers as needed. Make checks payable to **Les Turner ALS Foundation**. Contributions are tax-deductible. **TOTAL \$ \_\_\_\_\_**

Walkers and captains are encouraged to mail or drop off their contributions to the Foundation prior to the Walk. Money can also be submitted on Walk day.

# Incentive Prizes:

ONE PRIZE will be awarded based on the amount of money a walker turns in on or before Walk day. Prizes are not cumulative. If a prize level is not selected, "no prize" will be assumed.

- |  |  |
|--|--|
| <b>Raised</b>                            | <b>Indicate Size</b>   |
| <input type="checkbox"/> <b>No Prize</b> | I would like my entire donation to further support research and patient services of the Les Turner ALS Foundation  |
| <input type="checkbox"/> <b>\$250</b>    | ALS Walk4Life Water Bottle<br><i>*Raising \$250 can provide 10 hours of respite care*</i>  |
| <input type="checkbox"/> <b>\$750</b>    | ALS Walk4Life Tote Bag<br><i>*Raising \$750 can provide a wheelchair ramp*</i>   |
| <input type="checkbox"/> <b>\$1500</b>   | ALS Walk4Life Quarter-Zip Pullover (Adult sizes S-M-L-XL-2XL-3XL-4XL)<br><i>*Raising \$1500 can allow the Foundation to modify a power wheelchair to fit an ALS patient*</i>   |
| <input type="checkbox"/> <b>\$3000</b>   | ALS Walk4Life Rolling Cooler<br><i>*Raising \$3000 can provide a customized tilt and recline manual wheelchair*</i>  |
| <input type="checkbox"/> <b>\$5000</b>   | Private tour of the Les Turner ALS Research Laboratory at Northwestern University and lunch for four<br><i>*Raising \$5000 can provide an augmentative communication device for a patient to use when no longer able to speak*</i> |

**American Airlines** Any individual who raises at least \$1,000 will be eligible to win round trip, main cabin air transportation for winner and companion to any American Airlines destination in the Continental United States (Excludes Alaska and Hawaii). See Travel Terms and Conditions.

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