

SECOND WIND LUNG WALK

WELCOME LETTER TO WALKERS and RUNNERS

We are very pleased that you will be joining us on October 17, 2009 for the **SECOND WIND LUNG WALK**.

The walk is an event in which the entire family can participate. By taking part in this annual 5K (3.2 miles) walk or run OR one mile walk you will help raise needed funds for the Second Wind Lung Transplant Assistance Fund. The fund provides lung transplant patients emergency assistance as they prepare to receive for the Gift of Life. During 2007 Second Wind provided \$74,000 in assistance funds to pre- and post-transplant patients.

What do I do now?

Once you have turned in your registration form along with the \$20.00 registration fee to your team captain or directly to Second Wind you are officially registered for the walk. Next you need to:

Get Sponsors!!

It's simple to sign up sponsors, all you have to do is ask. Take your sponsor form everywhere you go: to the office, the gym, church/synagogue, school and to your neighbors. Tell people that you are walking in the **Second Wind Lung Walk** and your goal is to raise at least \$100.00 to help lung transplant patients. Encourage people to sponsor you for the walk and not by the distance you walk or fun.

Collect From Sponsors.

This is a pre-paid walk so please collect all of your donations no later than two weeks prior to walk day. Turn donations in to your team captain along with a copy of your sponsor sheet. This avoids walk day confusion. You can continue to collect more sponsors and donations up to walk day. Ask your employer to provide a matching gift donation. Sponsors can make their tax-deductible checks payable to Second Wind Lung Walk Their cancelled check will serve as a receipt.

Show Up!!

Go to the check-in table at the Visitor Center in Forest Park and turn in your donations and sponsor form if you have not already turned them into your team captain. Find your team Captain and the rest of your team members. Look for the sign they will be holding with your team name on it. There are great prizes you can earn and participants raising at least \$50 will be eligible to enter their name in the door prize drawing.

Rain or shine we will walk. If you are unable to participate on walk day you can still help by arranging to walk on your own, either before or after October 20, 2007. However, it is important that you turn your money in before walk day. Please inform your team leader if you are unable to walk on the day of the event.

For more information call Linda Nottestad at 636.343.0667 or Tom Archer at 314.664.6060.