

**The Brain Injury Association of North Carolina's  
2010 Walk & Roll-athon**  
**Walk for Thought! Walk for Safety for Athletes! Walk for the Troops!**

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**Dear Team Leader, Support Group Leader, Board Member, or Rehab Contact:**

We need your support for the Brain Injury Association of North Carolina's 2010 Walk & Roll-athon. We would appreciate your help to raise awareness and support for the thousands of North Carolinians including military service members across the state who have been impacted by brain injury.

It's your personal touch and involvement that make these events successful. Thanks to your leadership and participation, the Brain Injury Association of North Carolina will be able to continue toward our mission of providing help, hope, and a voice for people with brain injuries and their families.

We are asking you to put together or join a team of **5** or more and register for the walk closest to you! Get others to join a team and/or make a donation in your honor! An award will be given for the teams with the most members registered, most pledges, and a Team Spirit award for each walk! Plan something to make your team stand out!

□ **2010's Goal: \$150,000**

Your team packet contains the following:

- Team Leader Information
- Sample Donation Request Letter
- Fundraising Ideas
- Team Registration(s) – We want to encourage all team members to pre-register (whether participating in the event or volunteering)
- 5 Pledge Forms
- 5 Donation Forms and 5 Envelops addressed to BIANC



If you need any additional materials, please visit [www.bianc.net](http://www.bianc.net) or contact us at 800-377-1464 or [bianc@bianc.net](mailto:bianc@bianc.net).

**We greatly appreciate your participation and look forward to seeing you at our upcoming Walk & Roll-athons.**

Walk & Roll-athon Locations	Date	Contact Information
Honeycutt Park, <b>Fayetteville</b>	March 20, 2010	<b>Jamie Pierce: 919-833-9634</b> Susan Fewell: 919-618-3003
Lake Crabtree Park, Morrisville ( <b>Raleigh</b> )	March 27, 2010	<b>Brittnye Batchelor: 919-833-9634</b> Jonna Roy: 919-833-9634
High Point City Lake Park, <b>High Point</b>	April 10, 2010	<b>Susan Fewell: 919-618-3003</b> Peggy Nelson: 336-882-1911
Carrier Park, <b>Asheville</b>	April 17, 2010	<b>Karen Harrington: 866-890-7801</b> Staci Thornton: 919-833-9634
Town Commons, <b>Greenville</b>	April 17, 2010	<b>Sandie Worthington: 800-697-3115</b> Brittnye Batchelor: 919-833-9634

Please Call BIANC at 1-800-377-1464 with any questions;  
**The Brain Injury Assoc. of NC, PO Box 10912, Raleigh, NC 27605**

## Team Leader Information

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### How to Form and Manage Your Team:

1. Recruit team members. You can form a team of 5 or more with anyone: friends, family, coworkers and/or neighbors.
2. Set a goal. Decide if and how much money your team will raise. You can plan a reward for yourselves if you reach your goal. Another good way to get people excited is to make it a competition. Have someone else form a team and see who can raise the most money or reach their goal of most members registered first.
3. Have the team complete the registration form and mail or fax (919-833-5415) it to the Brain Injury Association of North Carolina.
4. Raise pledges. Your Team Leader Packet should contain 5 pledge sheets, 5 donation forms and 5 envelopes addressed to BIANC. You and your team may make additional copies as needed or you may contact BIANC for more materials. Make sure to fill out the top of each pledge sheet with your team's information and the Walk you will be attending and/or raising money for. When you collect pledges, have the person who is donating fill in the information on your pledge sheet with their name, address, phone number and pledge amount. They should also mark the box if it will be a check or cash and if the money will be mailed to BIANC, picked up by you at a later date or given to you now. It is easiest for you if they give you the money right away. If they want to mail the money directly to BIANC or pay with a credit card give the person who is donating a donation form to fill out as well as an envelope addressed to the Brain Injury Association of North Carolina to keep as a reminder. Turn in your packet at your local Walk & Roll-athon or use the enclosed envelope to mail to BIANC. Make sure you turn in ALL pledge sheets and money you collected at the Walk & Roll-athon. For last minute contributions please have all pledge sheets and money collected returned to BIANC by April 24, 2010.

### Walk & Roll-athon Schedule:

Volunteer Check-in – 8:00 am  
Registration – 9:00 am  
Music & Activities for the Family – 9:30 am  
Awards and Kick-Off for Walk & Roll-athon – 10:00 am  
Walk & Roll – 11:00 am  
Lunch – 11:30 am

Please Call BIANC at 1-800-377-1464 with any questions;  
**The Brain Injury Assoc. of NC, PO Box 10912, Raleigh, NC 27605**

## Sample Donation Request Letter

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Dear **(Person's Name)**,

I am participating in Brain Injury Association of North Carolina's Walk & Roll-a-thon on **(insert date here)** at **(insert location here)**. The Brain Injury Association of NC is a non-profit 501(c)(3) organization whose mission is to create a better future by offering help, hope and a voice for people with brain injuries and their families.

Brain injury is the leading cause of death and disability among young people in North Carolina. Over 180,000 individuals are dealing with the challenges of brain injury in our State. Because the incidence peaks among the population of young adults, societal costs of lost employment and life achievement are major. Brain injury has been identified as one of the most prevalent wounds sustained by military service members in Iraq and Afghanistan.

**Insert your Personal Story here and tell people why this is important to you.**

I hope you will help me and show support to the thousands of people in North Carolina who live with the devastating effects of brain injury with your donation. The money raised from this event will go toward education and training, advocacy, support group grants and printing and dissemination of resource materials.

Please join me and together we can raise awareness about brain injury and celebrate the lives of those impacted by brain injury.

Thanks,

**(Insert your name here)**

**Make sure to include a self-addressed, stamped envelope.**

Please Call BIANC at 1-800-377-1464 with any questions;  
**The Brain Injury Assoc. of NC, PO Box 10912, Raleigh, NC 27605**

## Fundraising Ideas

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There are several ways to get people involved and raise money. One year we had a team who developed and sold cookbooks to raise money for the Walk & Roll-athon. Another individual wrote personal letters to everyone he knew asking them to get involved. Each was extremely successful in their fundraising efforts. Following are a few ideas to help you get started.

- Yard Sale – get your neighbors and friends together and have a yard sale.
- Casual Day – Ask your boss to invite coworkers to pay a certain amount of money to wear casual attire one day at work.
- Bag Lunch – have people in your office bring a bag lunch one day and donate the money they would have spent eating out to your team.
- Set out a loose change jar and have people put their spare change in the jar.
- Silent Auction
- Bake Sale
- Talent Show
- Throw a party and ask for donations
- Car Wash
- Send out letters with a self-addressed, stamped envelopes
- Email –email people inviting them to sponsor you and/or come out and participate in the walk.
- Make something you can sell (for example knitting, or quilting)
- Create a contest – nothing inspires people like a competition

These are just a few ideas of what you could do to raise money. Be creative and let BIANC know your great ideas. Who knows, you and your fundraising idea could be in our newsletter.

**Please Call BIANC at 1-800-377-1464 with any questions;  
The Brain Injury Assoc. of NC, PO Box 10912, Raleigh, NC 27605**

Email: [bianc@bianc.net](mailto:bianc@bianc.net)

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## Team Registration Walk & Roll-athon

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The Team Leader should fill out the following. Each team should consist of at least 5 members. If you need additional room, you may make copies or contact BIANC for more materials. The registration fee includes a t-shirt and lunch. If you raise at least \$10 (for Walk) then it can cover your registration fee. Please mail to BIANC, Attn: Walk, PO Box 10912, Raleigh, NC 27605. Call with questions: 919-833-9634.



**Team Name:** \_\_\_\_\_ **Team Leader:** \_\_\_\_\_

**Your Walk Location (circle):** Raleigh Asheville Greenville Fayetteville High Point



**Name:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **City:** \_\_\_\_\_ **State:** \_\_\_\_ **Zip:** \_\_\_\_\_

**Survivor:** Yes No      **Shirt Size:** S M L XL XXL XXXL      **Lunch:** Yes No

**I plan to:** Walk Volunteer

**Event Waiver Signature:** \_\_\_\_\_



**Name:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **City:** \_\_\_\_\_ **State:** \_\_\_\_ **Zip:** \_\_\_\_\_

**Survivor:** Yes No      **Shirt Size:** S M L XL XXL XXXL      **Lunch:** Yes No

**I plan to:** Walk Volunteer

**Event Waiver Signature:** \_\_\_\_\_



Please Call BIANC at 1-800-377-1464 with any questions;  
**Mail to: The Brain Injury Assoc. of NC, PO Box 10912, Raleigh, NC 27605**

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

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Survivor: Yes No      Shirt Size: S M L XL XXL XXXL      Lunch: Yes No

I plan to: Walk Volunteer

Event Waiver Signature: \_\_\_\_\_



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

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_

Survivor: Yes No      Shirt Size: S M L XL XXL XXXL      Lunch: Yes No

I plan to: Walk Volunteer

Event Waiver Signature: \_\_\_\_\_



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

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Survivor: Yes No      Shirt Size: S M L XL XXL XXXL      Lunch: Yes No

I plan to: Walk Volunteer

Event Waiver Signature: \_\_\_\_\_

**EVENT WAIVER:** I know that participating in a walk event is a potentially hazardous activity. I shouldn't enter & walk unless I'm medically able & properly trained. I agree to abide by any decision of an event official relative to my ability to safely complete the event. I assume all risks associated with participating in the Walk & Roll-athons on March 20 & 27, 2010, and April 10 & 17 including, but not limited to, falls, contacts with other participants, the effects of the weather, including high heat and/or humidity, & conditions of the road, all such risks being known & appreciated by me. Having read this release & knowing these facts & in consideration of your accepting my entry, I, for myself & anyone entitled to act in my behalf or on behalf of my estate, waive & release BIANC; Wake, Buncombe, Cumberland, Guilford and Pitt County, & all Parks & Recreation departments, and sponsors of the event, other persons assisting with the event, the officers, Board, Board members, agents, servants, employees, & their successors & assigns of each & every of the above from all claims or liabilities of any kind arising out of my participation in the walk even though the liability may arise out of negligence or carelessness on the part of the persons referred to in this waiver. I also grant permission for the use of any photographs, motion pictures, recordings, or any other record of my participation in this event for any legitimate purpose. I understand that if the event is canceled because of circumstances beyond the control of the event committee and sponsors, including, but not limited to, unsafe weather conditions or governmental ban, my entry fee will not be refunded.

\*The 5K run will **not** occur on the same day as the Walk & Roll-athon in 2010 \*

Please Call BIANC at 1-800-377-1464 with any questions;

Mail to: The Brain Injury Assoc. of NC, PO Box 10912, Raleigh, NC 27605



# The Brain Injury Association of North Carolina



## Walk & Roll-athons March & April 2010

### Individual Pledge Sheet

o All donations are tax deductible

Name of Team: \_\_\_\_\_ Team Leader \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Location (circle): Raleigh/Morrisville High Point Asheville Greenville Fayetteville

Supporter's Full Name	Complete Mailing Address (Street, City, State, Zip)	Phone Number	Pledge
(Example) John Doe	55 BIANC Lane, Raleigh, NC 55555	(123) 456-7890	\$20
1.		( )	
<b>My Pledge will be</b> (please check all that apply): <input type="checkbox"/> Cash <input type="checkbox"/> Check <input type="checkbox"/> Mailed <input type="checkbox"/> Picked up by _____ (date) at _____ location. <input type="checkbox"/> Given now			
2.		( )	
<b>My Pledge will be</b> (please check all that apply): <input type="checkbox"/> Cash <input type="checkbox"/> Check <input type="checkbox"/> Mailed <input type="checkbox"/> Picked up by _____ (date) at _____ location. <input type="checkbox"/> Given now			
3.		( )	
<b>My Pledge will be</b> (please check all that apply): <input type="checkbox"/> Cash <input type="checkbox"/> Check <input type="checkbox"/> Mailed <input type="checkbox"/> Picked up by _____ (date) at _____ location. <input type="checkbox"/> Given now			
4.		( )	
<b>My Pledge will be</b> (please check all that apply): <input type="checkbox"/> Cash <input type="checkbox"/> Check <input type="checkbox"/> Mailed <input type="checkbox"/> Picked up by _____ (date) at _____ location. <input type="checkbox"/> Given now			
5.		( )	
<b>My Pledge will be</b> (please check all that apply): <input type="checkbox"/> Cash <input type="checkbox"/> Check <input type="checkbox"/> Mailed <input type="checkbox"/> Picked up by _____ at _____ location. <input type="checkbox"/> Given now			
6.		( )	
<b>My Pledge will be</b> (please check all that apply): <input type="checkbox"/> Cash <input type="checkbox"/> Check <input type="checkbox"/> Mailed <input type="checkbox"/> Picked up by _____ at _____ location. <input type="checkbox"/> Given now			
7.		( )	
<b>My Pledge will be</b> (please check all that apply): <input type="checkbox"/> Cash <input type="checkbox"/> Check <input type="checkbox"/> Mailed <input type="checkbox"/> Picked up by _____ (date) at _____ location. <input type="checkbox"/> Given now			
			<input type="checkbox"/> <b>Total</b>

**CHECKS SHOULD BE MADE PAYABLE TO THE BRAIN INJURY ASSOCIATION OF NC (BIANC) PLEASE TURN ALL PLEDGES AND PLEDGE SHEETS IN TOGETHER AT THE WALK. PLEASE PUT THEM IN A SEALED ENVELOPE WITH THE TOTAL AMOUNT WRITTEN ON THE FRONT OF THE ENVELOPE and YOUR NAME.**

**Please Call BIANC at 1-800-377-1464 with any questions;  
Mail to: The Brain Injury Assoc. of NC, PO Box 10912, Raleigh, NC 27605**

Supporter's Full Name	Complete Mailing Address (Street, City, State, Zip)	Phone Number	Pledge
(Example) John Doe	55 BIANC Lane, Raleigh, NC 55555	(123) 456-7890	\$20
8.		( )	
<b>My Pledge will be</b> (please check all that apply): <input type="checkbox"/> Cash <input type="checkbox"/> Check <input type="checkbox"/> Mailed <input type="checkbox"/> Picked up by _____ (date) at _____ location. <input type="checkbox"/> Given now			
9.		( )	
<b>My Pledge will be</b> (please check all that apply): <input type="checkbox"/> Cash <input type="checkbox"/> Check <input type="checkbox"/> Mailed <input type="checkbox"/> Picked up by _____ (date) at _____ location. <input type="checkbox"/> Given now			
10.		( )	
<b>My Pledge will be</b> (please check all that apply): <input type="checkbox"/> Cash <input type="checkbox"/> Check <input type="checkbox"/> Mailed <input type="checkbox"/> Picked up by _____ (date) at _____ location. <input type="checkbox"/> Given now			
11.		( )	
<b>My Pledge will be</b> (please check all that apply): <input type="checkbox"/> Cash <input type="checkbox"/> Check <input type="checkbox"/> Mailed <input type="checkbox"/> Picked up by _____ (date) at _____ location. <input type="checkbox"/> Given now			
12.		( )	
<b>My Pledge will be</b> (please check all that apply): <input type="checkbox"/> Cash <input type="checkbox"/> Check <input type="checkbox"/> Mailed <input type="checkbox"/> Picked up by _____ (date) at _____ location. <input type="checkbox"/> Given now			
13.		( )	
<b>My Pledge will be</b> (please check all that apply): <input type="checkbox"/> Cash <input type="checkbox"/> Check <input type="checkbox"/> Mailed <input type="checkbox"/> Picked up by _____ (date) at _____ location. <input type="checkbox"/> Given now			
14.		( )	
<b>My Pledge will be</b> (please check all that apply): <input type="checkbox"/> Cash <input type="checkbox"/> Check <input type="checkbox"/> Mailed <input type="checkbox"/> Picked up by _____ (date) at _____ location. <input type="checkbox"/> Given now			
15.		( )	
<b>My Pledge will be</b> (please check all that apply): <input type="checkbox"/> Cash <input type="checkbox"/> Check <input type="checkbox"/> Mailed <input type="checkbox"/> Picked up by _____ (date) at _____ location. <input type="checkbox"/> Given now			
16.		( )	
<b>My Pledge will be</b> (please check all that apply): <input type="checkbox"/> Cash <input type="checkbox"/> Check <input type="checkbox"/> Mailed <input type="checkbox"/> Picked up by _____ (date) at _____ location. <input type="checkbox"/> Given now			
17.		( )	
<b>My Pledge will be</b> (please check all that apply): <input type="checkbox"/> Cash <input type="checkbox"/> Check <input type="checkbox"/> Mailed <input type="checkbox"/> Picked up by _____ (date) at _____ location. <input type="checkbox"/> Given now			
			<input type="checkbox"/> <b>Total</b>

**CHECKS SHOULD BE MADE PAYABLE TO THE BRAIN INJURY ASSOCIATION OF NC (BIANC) PLEASE TURN ALL PLEDGES AND PLEDGE SHEETS IN TOGETHER AT THE WALK. PLEASE PUT THEM IN A SEALED ENVELOPE WITH THE TOTAL AMOUNT WRITTEN ON THE FRONT OF THE ENVELOPE and YOUR NAME.**

Please Call BIANC at 1-800-377-1464 with any questions;

**Mail to: The Brain Injury Assoc. of NC, PO Box 10912, Raleigh, NC 27605**



# THE BRAIN INJURY ASSOCIATION of NORTH CAROLINA

Offering help, hope, and a voice for people with brain injury and their families.



## Walk & Roll-athon Donation Form

My Pledge will support the:

\_\_\_ Raleigh Walk \_\_\_ Fayetteville Walk \_\_\_ Triad Walk \_\_\_ Asheville Walk \_\_\_ Greenville Walk

I pledge \$\_\_\_\_\_ amount.

\_\_\_ Check \_\_\_ Credit Card (Visa/Master Card cards accepted)

Credit Card Number: \_\_\_\_\_ Exp Date: \_\_\_\_\_

My pledge is in honor of (Individual or Team) \_\_\_\_\_

My Name: \_\_\_\_\_

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

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

**\*\*Please mail your donation to BIANC, Attention Walk and Roll, PO Box 10912, Raleigh, NC 27605\*\***

Please Note: If you donate **\$250** or more, you can be listed as a sponsor for the event. For more information on how you can be listed as a sponsor or to register for the Walk & Roll-athon call BIANC at **800-377-1464** or visit [www.bianc.net](http://www.bianc.net).

### Did you know these brain injury facts?

- \* Over **180,000 North Carolinians** currently live with disabilities resulting from a traumatic brain injury (TBI). This equals the population of the city of Fayetteville.
- \* **Every 23 seconds**, someone in the USA sustains a TBI.
- \* There are **300,000 sports-related concussions** in the U.S. each year.
- \* Brain Injury is one of the **signature combat wounds** of the Iraq and Afghanistan wars. NC has the **4<sup>th</sup> highest active military population** in the nation.
- \* Brain injury is the leading cause of disability and death in **children and young people**
- \* There are 5 times as many people living with TBI's as there are people with Breast Cancer, Multiple Sclerosis and HIV combined.
- \* The average **lifetime cost** for caring for a person with a brain injury now **exceeds 4 million dollars**.

### How your Contribution Makes a Difference:

- \* BIANC offers **training, maintains a Family helpline & website, and materials and resource centers in rehabilitation hospitals and in veteran centers** to assure that all persons with brain injuries, their families and professionals are directed to appropriate resources.
- \* BIANC provides materials on **concussion, and sports injuries including protocols for concussion management** to elementary, middle and high school students, athletes, coaches and school nurses providing education on brain injury prevention, including safe driving.
- \* BIANC offers technical assistance to assist with development of transition and rehabilitative services for our **veterans/ service members living with brain injuries and their families** and start up for Club house day programs.
- \* **Prevention is the best cure for brain injury.** BIANC talks to pre-schools and health fairs to encourage safety.
- \* **Camp Carefree Retreat and Regional Recreational activities.** Scholarships for weekend family camp and grants to local support groups for recreational activities.