

**The Brain Injury Association of North Carolina's
2012 Walk & Roll-athons**
Walk for Thought! Walk for Safety for Athletes! Walk for the Troops!

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

We need your support for the Brain Injury Association of North Carolina's 2012 Walk & Roll-athon's. 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!

2012's Goal: \$60,000

Your team packet contains the following:

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



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

Date	Location	Contact
March 24, 2012	Concord – Frank Liske Park	Eve Roberts: 704-787-3614 Susan Fewell: 919-618-3003
March 31, 2012	Raleigh – Lake Crabtree County Park	Dena Maluchnik: 919-833-9634 Sandie Worthington: 252-561-6886
April 14, 2012	Asheville – Carrier Park	Karen Keating: 866-890-7801 Jonna Roy: 919-833-9634
April 21, 2012	Triad – Tanglewood Park	Peggy Nelson: 336-713-8582 Sarah Davis: 919-833-9634

Please call BIANC at **1-800-377-1464** or visit www.bianc.net for more information or additional materials



PO Box 10912, Raleigh, NC 27605

Team Leader Information

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 18, 2011.

Event Schedule:

Registration..... **9:00 am – 10:00 am**
Walk & Roll-athon, Activities, Vendors, & Lunch..... **9:00 am – 12 noon**

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

Dear **NAME**,

I am participating in the Brain Injury Association of North Carolina's Walk & Roll-a-thon on **DATE** at **LOCATION**. 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.

With your donation you will help me to show support to the thousands of people in North Carolina who live with the devastating effects of brain injury. 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.

Thank you,

YOUR NAME

*****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

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

Team Registration Walk & Roll-athon

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. Please mail to BIANC, Attn: Walk, PO Box 10912, Raleigh, NC 27605.

Call with questions: 919-833-9634.



Team Name: _____ Team Leader: _____

Walk Location: Concord Raleigh Asheville Triad



Name: _____ Phone: _____ Email: _____

Address: _____ City: _____ State: _____ Zip: _____

Survivor: Yes No Lunch: Yes No I plan to: Walk Volunteer

T-Shirt Size: Small Medium Large XL XXL XXXL Youth Size

Event Waiver Signature: _____



Name: _____ Phone: _____ Email: _____

Address: _____ City: _____ State: _____ Zip: _____

Survivor: Yes No Lunch: Yes No I plan to: Walk Volunteer

T-Shirt Size: Small Medium Large XL XXL XXXL Youth Size

Event Waiver Signature: _____



Name: _____ Phone: _____ Email: _____

Address: _____ City: _____ State: _____ Zip: _____

Survivor: Yes No Lunch: Yes No I plan to: Walk Volunteer

T-Shirt Size: Small Medium Large XL XXL XXXL Youth Size

Event Waiver Signature: _____



Name: _____ Phone: _____ Email: _____

Address: _____ City: _____ State: _____ Zip: _____

Survivor: Yes No Lunch: Yes No I plan to: Walk Volunteer

T-Shirt Size: Small Medium Large XL XXL XXXL Youth Size

Event Waiver Signature: _____



Name: _____ Phone: _____ Email: _____

Address: _____ City: _____ State: _____ Zip: _____

Survivor: Yes No Lunch: Yes No I plan to: Walk Volunteer

T-Shirt Size: Small Medium Large XL XXL XXXL Youth Size

Event Waiver Signature: _____

EVENT WAIVER: I know that participating in a walk event is a potentially hazardous activity. I shouldn't 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-athon 2012, including, but not limited to, falls, contacts with other participants, the effects of the weather, including high heat and/or humidity, traffic & 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 County; Buncombe County; Forsyth County; Cabarrus County; and all sponsors of the event, any 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 Brain Injury Association of North Carolina

Walk & Roll-athons March & April 2012

Individual Pledge Sheet

All donations are tax deductible



Walk Location: Concord Raleigh Asheville Triad

Name: _____ Phone: _____ Email: _____

Address: _____ City: _____ State: _____ Zip: _____

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.		()	
My Pledge will be (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.		()	
My Pledge will be (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.		()	
My Pledge will be (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.		()	
My Pledge will be (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.		()	
My Pledge will be (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			
6.		()	
My Pledge will be (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			
			Total:

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
7.		()	
My Pledge will be (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			
8.		()	
My Pledge will be (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.		()	
My Pledge will be (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.		()	
My Pledge will be (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.		()	
My Pledge will be (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.		()	
My Pledge will be (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.		()	
My Pledge will be (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.		()	
My Pledge will be (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.		()	
My Pledge will be (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			
			Total:

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

Walk & Roll-athon Donation Form



“Walk for Thought”

Date	Location
March 24, 2012	Concord – Frank Liske Park
March 31, 2012	Raleigh – Lake Crabtree County Park
April 14, 2012	Asheville – Carrier Park
April 21, 2012	Triad – Tanglewood Park

Walk Location: Concord Raleigh Asheville Triad

My pledge is in honor of: (Individual or Team) _____

Name: _____ Phone: _____ Email: _____

Address: _____ City: _____ State: _____ Zip: _____

Payment: Cash Check Credit Card _____ Visa MC Exp: _____

Amount of Donation: \$ _____

If you donate **\$250** or more, you can be listed as a sponsor for the event.

For more information or to register for the Walk & Roll-athon call BIANC at **800-377-1464** or visit **www.bianc.net**

Did you know these brain injury facts?

- * There are **300,000 sports-related concussions** in the U.S. each year. North Carolina passed a new Concussion Awareness Act in 2011 to help guide coaches and teams.
- * Brain Injury is one of the **signature combat wounds** of the Iraq and Afghanistan wars. NC has the **4th highest active military population** in the nation.
- * **Falls are the leading cause** of traumatic brain injury and motor vehicle accidents are next: **Don't text and drive.**
- * 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.
- * With rehabilitation and appropriate services, **people can improve after brain injuries.** Brain injury affects the whole family.
- * There are 5 times as many people living with TBI's as there are people with Breast Cancer, Multiple Sclerosis and HIV combined.

How your Contribution Makes a Difference:

- * BIANC offers **training, maintains a Family helpline & website, and materials in resource centers in rehabilitation hospitals and 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.
- * **Camp Carefree Retreat and Regional Recreational activities.** Scholarships for weekend family camp and grants to local support groups for recreational activities.
- * BIANC offers technical assistance to assist with development of transition & rehabilitative services for our **veterans/ service members living with brain injuries & their families** & 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.