Betty's Run for ALS!

9:00 am, Sunday, June 12, 2011
North Glenmore Park, Calgary

ALS Facts:

- ALS can strike anyone
- 80% of people with ALS die within two to five years of diagnosis
- ALS is five times more prevalent than Huntington's disease, four times more prevalent than muscular dystrophy, and has a similar incidence rate as multiple sclerosis
- Symptoms may include tripping and falling, loss of muscle control in hands and arms, difficulty in speech, swallowing and breathing
- Approximately 3,000 Canadians currently live with ALS
- ALS affects the whole family, as much of the patient's care is taken on by family and friends
- There is no known cure or treatment yet

Since its inception, Betty's Run for ALS has raised over $4 million for ALS awareness, client services, equipment & research to find a cause and cure for this horrific disease.

Of funds raised from Betty's Run for ALS, 40% is donated to research, and 60% supports equipment and client services in Alberta.

Cost of ALS Equipment:

- $20 – Big handled utensils (easier to use if hands are weak)
- $75 – Bed wedge (elevates the person to make breathing easier)
- $700 – Net-Book communication device (uses text-to-speech software to communicate)
- $800 – Sheepskin for bed (provides comfort and reduces pressure sores)
- $2,500 – Electric hospital bed (provides comfort in sleeping and helps if breathing is compromised)
- $4,000 – Stair lift
- $4,500 – Porch lift
- $5,000 – Therapeutic pressure relief mattress (provides comfort in sleeping)
- $24,000 – Power wheelchair with tilt

By supporting the ALS Society, you are helping ensure that people living with ALS are receiving vital equipment and support through their journey with ALS in Alberta.

Equipment and support services help to improve quality of life, making everyday the best possible day for people living with ALS.

Charitable Business
 # 12063 0827 RR0001

ALS Alberta

Pledge Deposit Process:

Race Package Pickup:

The Running Room/Walking Room
Eau Claire Market, #A01, 200 Barclay Parade SW Calgary

On Fri. June 10 from 12:00 Noon to 6:00 PM
Or Sat. June 11 from 10:00 AM to 5:00 PM

Running Room LTD.

Before the Race:

- **Deposit pledge money at any BMO Bank of Montreal**
- **Ensure pledge form is stamped by teller**
- **Attach completed deposit slip(s)**
- **Bring both with you to Race Package Pickup**

Team pledge forms must be handed in collectively no later than 9:30 am June 12th, 2011 at the event location.

Important: We must receive your completed pledge form so we can provide Income Tax receipts!

Betty's Run for ALS hopes to raise $400,000 at an expense of $60,000 with a net total of $340,000

Teller Stamp
(required)

Total Deposit $ _____

BMO Bank of Montreal

Bank of Montreal Service Staff Instructions:

1. Deposits may be accepted at any BMO branch in Canada.
2. Please help the participant complete a regular deposit slip then using the FBPS system input the following information:

   Concentrator ID: 72322; Customer ID: ALS
   Report Addendum: Participant's Name;
   No Division # req'd.

3. Verify the amount of the deposit payment, enter total in the box adjacent. Please stamp (teller stamp) the box, attach a copy of the deposit slip and return this form to the participant.

For further information refer to "Alerts" for ALS Society of Alberta.

I am collecting pledges in honour of:_____

ALS Society of Alberta #250, 4723 - 1 Street SW Calgary AB T2G 4Y8 • Phone: 403-228-3857 • Fax: 403-228-7752

START NOW!

You will be surprised how quickly and easily you can get pledges

- Set a fundraising goal for yourself and spread the word among family, friends and co-workers
- **Create your own personalized website at www.bettysrun.ca** to share your goals and raise pledges
- **Ask if your employer has a pledge matching program**

IMPORTANT:

Deposit your pledge money before the race at any BMO Bank of Montreal.

Please print clearly!

Individual Name _____ Home phone _____

Address _____ Business phone _____

City _____ Postal Code _____ Personalized Betty's Run Website _____

Email _____ Team Name (if applicable) *Team Pledges must be handed in collectively* _____

Donor's Name	Address (Include City and Province)	Postal code	Phone#	Email	Amount Received	Cash ✔	Cheque ✔

Betty's Run for ALS!

- **If donating by credit card, please call ALS office**
- **Make cheques payable to "Betty's Run for ALS"**
- **Collect the money when the sponsor agrees to contribute**
- **Receipts will be issued for all donations of $20 or more**

TOTAL CHEQUES $ _____ **+ TOTAL CASH $** _____

= TOTAL DEPOSIT $ _____