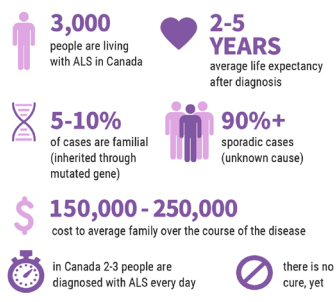


Walk Together for ALS is the signature fundraising event for the ALS Society of Alberta, bringing together family and friends in support of Albertans living with ALS while also raising funds towards some of the most promising research in the province. The Walk is about communities coming together to raise funds and channel hope for a future without Amyotrophic Lateral Sclerosis (ALS). ALS is a rapid, always fatal neurodegenerative disease. It attacks the nerves of the body that are responsible for sending messages to the brain. This results in weakness and wasting, and eventually an inability to swallow or breathe.



The ALS Society of Alberta's mission is to make each day the best possible day for people in Alberta living with and affected by ALS. We achieve this by providing support, facilitating the provision of care, promoting awareness, helping find a cure and advocating for change.

Funds raised at the Walks are go towards client support services in Alberta. This includes the equipment loan program, support groups, home visits, referrals and support for children through the Support for Champions program. A portion of funds raised through Walk Together for ALS are also dedicated to research activities in Alberta.

**Colleen Olson
2023 Ambassador**

"Hi! I'm Colleen Olson, and I have been an ALS warrior since my diagnosis on June 11, 2021.



My pre-ALS life was crazy busy and physically active. I completed a half marathon the year I turned 50, and normally walked at least 5km daily with my dog Obi. I initiated fitness challenges at work, competing against others who were mostly 15-20 years younger than me. The beast that is ALS started to change my life's journey with symptoms starting the summer of 2020 – I just didn't know they were symptoms of anything, never mind ALS.

In late August 2020, I was walking my dog with a friend and fell when my dog did a hard jerk on the leash. To make a long story short, the limp got worse and, by February 2021, had turned into foot drop. The road to diagnosis started in March 2021 with Physio visits, MRIs, EMGs, and finally, the visit to the neurologist who confirmed what I already believed (the physiatrist's report indicating possible Motor Neuron Disease was all I needed to research what was going on).

So, I have ALS, what next? Having so much to think about caused an inability to sleep. I could not focus at work and left on disability within two weeks of the diagnosis. My husband, who was working in BC at the time, retired about a month later so we could spend more time together. He is an amazing guy who does everything he can to make my life wonderful. Next were appointments, appointments, lots of appointments! At first, all of this was overwhelming, but once we got into a routine, it didn't seem so bad. I have met so many wonderful people through these appointments.

Last summer, I was overjoyed to be able to go for walks again, as the ALS Society of Alberta loaned me a scooter. What a difference being able to get out on the trails that I used to walk made to my days. The fresh air and being able to go with my husband when he walked our dogs really helped my state of mind. I hope that I am still strong enough to do it again this summer! The scooter is not the only thing I have received on loan from the ALS Society of Alberta. I have also borrowed a wheelchair, a platform walker, and a porch lift. The equipment loan program really helps keep out of pocket costs down, and I am very thankful that it exists.

Since my diagnosis, my mantra has been, "Nobody is guaranteed a tomorrow." Some may think that having a mantra like that is morbid, I believe that the phrase is all about living your best life today. This doesn't mean that I don't have sad moments, I definitely do, but I am a practical person who is thankful for the abundance of blessings that I have in my life"

THANK YOU TO OUR PLATINUM SPONSOR



THANK YOU TO OUR LOCAL SPONSORS



START FUNDRAISING TODAY ONLINE

1. Go to alsab.ca/walktogetherforals
2. Select your community
3. Create and share your page with family and friends

PLEDGE FORM

1. Use the donation form inside this brochure
2. Ask family, friends, and colleagues to donate
3. Bring your pledge form and donations on Walk day

For more information please contact:

Karen Caughey
Executive Director

(403)228-3857 | karen@alsab.ca



**Edmonton
WALK TOGETHER FOR ALS**

Saturday, June 10, 2023

Rundle Park

Registration: 9 a.m.

Kick-off: 10 a.m.

REGISTER AT [ALSAB.CA/WALKTOGETHERFORALS](https://alsab.ca/walktogetherforals)

ALS Society of Alberta
5418 97 Street NW
Edmonton, AB T6E 5C1
Charitable Registration Number:
12063 0827 RR001





Please print clearly. If we can't read it, we can't receipt it.



2023 PLEDGE FORM

Individual Name: _____

WALK Location: _____

Team Name/Captain: _____

Address: _____

City/Province: _____ Postal Code: _____

Email: _____

Tel: _____ Bus: _____

I am walking in honour of:

My fundraising goal is:

\$ _____

Please do not include any online donations on this form.

- Receipts will be issued for all donations of \$25 or more
- Please photocopy this form if you need extra copies
- Ensure cheques are payable to ALS Society of Alberta
- Collect the money when the donor contributes
- Charitable Registration #12063 0827 RR0001
- If you are depositing your money at the bank, you must bring this stamped pledge form and the deposit slip to the WALK and hand it in, or mail to:

**7874 10th Street NE
Calgary, AB T2E 8W1**

Donor Name	Donor Mailing Address # Street, Rural Route, City, Province	Postal Code	Telephone/Email	Amount Received	Cheque	Cash	Receipt Requested
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WAIVER MUST BE SIGNED BY WALKER

The Participant:
 1. Hereby releases, waives and discharges and agrees to hold harmless and indemnify the ALS Society of Alberta and each of its Corporate or individual Sponsors, as well as their subsidiaries and all associated, affiliated and related entities, successors, assigns, licensees, and their respective officers, directors, shareholders, agents and employees for or in relation to any claims or demands for any loss or damage by virtue of any injury to the person or damage to property suffered or sustained by the Participant arising out of or related in any way to Walk Together for ALS, whether caused by negligence or otherwise.
 2. Hereby grants to the ALS Society of Alberta the full rights and permission to copyright and/or use, publish, and republish, video and still photographic material of the Participant in Walk Together for ALS in which the Participant may be included in whole or in part, in colour or in black and white, including the use of any electronic version in conjunction with such videos.
 I HAVE READ THIS RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT, FULLY UNDERSTAND ITS TERMS, AND HAVE SIGNED IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT, ASSURANCE OR GUARANTEE BEING MADE TO ME AND INTEND MY SIGNATURE TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW.

BANK DEPOSIT STAMP and ATTACH SLIP

ACCOUNT #: ATB 07909 1160192-24

TOTAL CHEQUES: _____

TOTAL CASH: _____

TOTAL DEPOSIT: _____

VERIFIED BY: _____

Signature of participant

Parent/Guardian if under 18 years of age

Date