



Freihofer's 22nd
community walk

Thank you! Here's to another week of accomplishments. YOU recruited 99 new walkers in one week.

Last week, we had **375** walkers. Today we have **474**. The Top 4 Teams this week are Parsons Child and Family Center (39), The Addictions Care Center of Albany (23), The Music Mobile, Inc (22) and Capital City Rescue Mission (20). This week we are also recognizing teams who recruited the most walkers in one week. **Congrats to Equinox, Inc from 4 to 16 walkers, Girls, Inc. from 3 to 12 walkers and The Addictions Care Center of Albany from 12 to 23 walkers.**

2 weeks til Walk Day!

Since Memorial Day is around the corner with festivities & picnics, let's keep the momentum going. When friends and families ask what's new, tell them about the walk you are participating in and ask them to join you. T-shirts will be available for the 1st 1,000 walkers. The walk is 3K (1.86 miles) and will have entertainment along the walk route. 100% of money raised benefits your cause. We also have a new incentive....

NEW! The Double It Walker Challenge ends 5/28 – Winners featured with photo. For walk teams without any walkers. We challenge you to 10 walkers by next week. For teams with walkers, can you double your total walkers by next week?

Every team who accomplishes this challenge will be featured in next week's report with a photo of your staff/volunteers that you submit.

*Team Captain
Weekly Update*

*by Alicia Jacobs, AJ Management,
2010 Freihofer's Community Walk
Non-Profit Recruiter*

*Remember the 1st non-profit to email me at
ajmgnt@aol.com will be featured next week.*

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79 Walk Teams

474 Walkers

Goal = Minimum of

10 walkers per team

DON'T FORGET - For every 10 walkers registered, your team is entered



to win breakfast for 15 people from our friends at the winner will be announced on June 5th walk day.

The Walk Team Captain Checklist

- 1 - Make sure all your walkers are registered at www.freihofersrun.com/community_walk.htm
- 2 - Call your walkers and thank them for registering..
- 3 - Ask them to promote the walk in their office with posters and flyers – They can access materials online.
- 4 - Tell them about the Double It Challenge and your goals with walkers and fundraising.

Something to brag about?

Join us on Facebook

Let us know how you are doing at the Official Freihofer's Community Walk Fan Page. We love to hear success stories and share with others.

For the calendar!

Please note times have changed from those on the agreement form.

This is the correct time schedule:

9:30 am-10:30 am - non-profit check-in

10:30 am-12:30 pm - walker check-in is from

So the non-profit rep must be there no later than 10:00 a.m.

A sheet of instructions will be provided to each non-profit rep via email prior to that morning so you can review.

Tune in or set your DVR for June 4.

Find out who will be the highlighted charity as a featured on WXXA's 30-minute race special that airs June 4 at 10:30 p.m.



Congratulations! We have two featured groups this week.

Parsons Family and Child Center

from Melissa Tolosky, Community Involvement & Special Events Coordinator

Annually, Parson's touches the lives of 9,000 children and families throughout New York State. We provide services in: child abuse/neglect prevention and treatment, early childhood family support, special education, residential services and post-adoption. Our mission "Supporting children and families as they create their futures. Traditional fundraising events are often priced at a point that prevents all of our supporters from attending. The Freihofer's Community walk affords Parson's the opportunity to bring all of our supporters together under one umbrella (hopefully not literally) for the day – to help children grow and families success, no matter what.

Albany Chapter of the Autism Society of America.

The Albany Chapter of the Autism Society of America serves people living with Autism in the greater Capital District and their families.

Our mission is to promote lifelong access and opportunities for people on the autism spectrum and their families so they can be fully participating, included members of their communities. We do this through advocacy, public awareness, education, compassionate support and research related to autism. Our primary focus is on public awareness, education and compassionate support.

We currently hold 3 monthly support group meetings (one in Albany, one in Saratoga, and an Adult Aspie Social Group). Helping children, adults, families, educate the providers and providing support all along this path, are all in the forefront as we move ahead together.

474 Registered Walkers... Last week ...It was 375.

Total Walkers as of 5/21.

** Teams with 0 walkers currently are not listed below,
but can be found on the Community Walk web site.

Team number	Nonprofit Organization Name	# of Walkers
296	100 Hispanic Women, Inc., Capital District Chapter	2
344	Addictions Care Center of Albany, Inc., The	23
267	Albany Police Athletic League (PAL)	4
321	Alight Pregnancy Center	4
346	American Heart Association	4
347	Autism Society, Albany Chapter	3
354	Bethlehem Pop Warner Football & Cheerleading	6
204	Big Brothers Big Sisters of the Capital Region Inc	1
288	Blooming Grove Reformed Church	1
294	Boys & Girls Clubs of Southern Rensselaer County	2
97	Brain Injury Association of New York State	2
357	Brighter Choice Charter School for Girls	2
115	Campus Children's Center, Inc	3
243	Capital City Rescue Mission	20
127	Capital District Child Care Coordinating Council	4
351	Capital Region Center for Arts in Education	2
335	Capital Region Sponsor-A- Scholar, Inc.	3
234	Capital Region Youth Tennis Foundation, Inc.	8
341	Carver Community Center Inc	9
333	Cathedral Social Service	1
202	Circles of Mercy	2
323	Clear View Center	2
318	Colonie Christian Life Center	3
27	Concerns-U	6
331	Doane Stuart School, The	1
334	Dudley Observatory	3
29	Early Childhood Education Center	3
349	Empire Servicedog Program Inc	6
30	Equinox, Inc. - Elder Empowerment Walk	16
328	Fresh Air Fund, The	7
340	Girls, Inc	12
320	Grand Street Community Arts	4
199	Health Walker	100
290	Homeless and Travelers Aid Society	1
307	Hope for Women	9
326	Joan Nicole Prince Home	2
302	Juvenile Diabetes Research Foundation	2

336	Lung Cancer Alliance - NY	8
330	Music Mobile, Inc	22
358	New York State for Veterans, Incorporated	12
348	Northeast Career Planning	14
355	OLF/St Helen's Youth Ministry	1
338	Our Lady of Victory Church	1
312	Our Own Productions, Inc	1
57	Park Playhouse II	18
329	Parsons Child and Family Center	39
337	Rebuilding Together Saratoga County	1
339	Saint Gregory's School	1
345	Salvation Army - Albany	3
314	Schenectady County SPCA	3
306	Senior Services of Albany	5
207	Shenendehowa Adult Community Center	1
350	Simplifying Lives, for a Cause Inc	1
84	St Catherine's Center for Children	7
327	Stakeholders Foundation, The	5
245	ToLife!	8
342	U.S. Committee for Refugees and Immigrants	17
332	United Way of the Greater Capital Region	3
356	USATF Adirondack Race Walking	1
111	Youth for Christ	1
79	YWCA North Eastern NY	2
80	YWCA Of of the Greater Capital Region	3
	walker not in group (10 total)	10
	1 mail in from St. Catherine's Center	1
	1 mail in for Parson's	1
	1 mail in for Capital City Rescue Mission	1

Walking for your health & more...

Health Walkers are individuals who registered to walk without a charity team. As a reminder, if you select a charity and raise money, 100% goes to the cause.