



Freihofer's 22nd community walk

The countdown continues. **Only one week to go until the Community Walk on June 5th. Please make sure all walkers – men, women and children are registered at www.freihoferstrun.com/community_walk.htm.**

Freihofer's creates this event annually for non-profits as a way to give back to the community. We are so glad you are joining us for a fun day of exercise, food, and entertainment while raising both money and awareness for so many causes. We hope the tools provided have been helpful. Please take time to read the **Non-Profit Instructions for Day of Event on the next few pages.**

Many milestones have been reached this year. **We have 78 non-profits registered** and last year we had 51. As of last week, the total walkers surpassed the number on walk day last year. **YOU recruited 125** new walkers since last week bringing today's total to **599**. **Thank you!** The **Top 3 Teams** this week are: **Parsons Child and Family Center (44), The Addictions Care Center of Albany (37) and the Capital City Rescue Mission (24)**

The Double It Challenge was held from May 21-May 28. **Congrats to our winners. Brighter Choice Charter School for Girls, Capital Region Center for Arts in Education, Cathedral Social Service, ClearView Center, Salvation Army of Albany, USATF Adirondack Race Walking and our most improved... Angel Names Association going from 0 to 20 walkers!** All winners will be featured in the final walk team captain recap report on June 11th. Winners of the Double It Challenge should send one JPEG photo of your volunteers/staff from walk day to ajmgnt@aol.com by June 6th. Teams without any walkers had to get at least 10 walkers & walk teams with walkers had to double their numbers.

It's not too late....There is still chance to win Panera Breakfast for 15 people. For every team with 10 walkers you will be entered once for the drawing that will be held on walk day.

Volunteers needed...The Stakeholders are recruiting 10 walk day volunteers. Please email CEO@TheStakeholdersFoundation.org by June 3rd.

With one week left to go our challenge is for ALL non-profits to bring at least 10 walkers on walk day. Set a goal of \$50 per walker and you could raise \$500 minimum for your cause.

We look forward to seeing you on June 5th. Have a great Memorial Day weekend!

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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78 Walk Teams

599 Walkers

Goal = over 780 on walk day



2010 Community Walk

Non -Profit Instructions - Day of Event

Saturday, June 5, 2010

NEW TIME 12:30 p.m.

PARKING - Free parking on walk day, Saturday, June 5th, will be available at the East Garage on the corner of Eagle Street and Madison Avenue. Access from I-787 is via the Plaza Exit, and then just follows the signs to East Garage Parking. Access from Madison Ave is west to Eagle, North (right) onto Eagle St, with the East Garage entrance on your right.

CHECK-IN AT WALK ADMINISTRATION AREA - 11:00 AM – 11:30 PM – NOTE:
COMMUNITY WALK CHECK-IN IS INSIDE THE SOUTH CONCOURSE NEAR THE MAIN CAFETERIA.

Each non-profit (NP) organization must have at least **1 representative** available on Walk Day. Groups of fewer than 20 will share a table with another non-profit. Groups of 20 or more will have a full table.

At check-in you will receive:

- Two listings of registered walkers and sheets to record day of event registrations - one for you to keep and one to return at check out
- Extra registration cards for unregistered walkers
- Your volunteer shirt

Tables are set up on the South Concourse in front of the main cafeteria at the bus turn-around. Enter concourse from Madison Ave and walk north just past McDonald's. (On your right). Signs displaying the non-profit name will be hanging in back of your table. You may add other group identifiers as long they sit/attach to the table and do not interfere with the groups next to you. You can not affix anything to the columns or walls in the Concourse.

Group photo sign-up should be done at check-in. A volunteer will be available to assist you.

REGISTER YOUR WALKERS AND COLLECT DONATIONS 10:30 AM to 12:25 PM

Walker check-in begins at 10:30 AM. Please remain at your table until at least 12:25 PM to check in late walkers. The walk begins on Madison Ave at 12:30 PM. NP tables will need to be taken down around 1:15, so please **do not** leave your belongings or your walkers belongings on the tables.

[If you need security to assist you in taking collected donation money to your vehicle please notify us at the Registration Area](#)

PRE-REGISTERED WALKERS

- The listing provided at check-in will contain those walkers who registered on-line or whose registration cards were received by June 1, 2010.
- Coordinator should check off all pre-registered walkers as the walker checks in.
- Donation amounts should be entered on the list.
- Two copies are provided – one to turn in at check-out and one for you to keep.

WALKERS WHO HAVE NOT PRE-REGISTERED

- If a walker is not on the list, they **must** complete and sign a registration form. All children must have a form signed by their parent or guardian.
- Use the blank sheets provided to list all walkers who register on the day of the event. **NOTE:** Be sure to enter your NP code on each completed registration form and attach them to one of the blank sheets with the number of walker forms collected and their donation amount.
- Two copies are provided – one to turn in at check-out and one for you to keep.

WALK REFRESHMENTS, T-SHIRTS AND COOKIES

Provide each checked-in walker with the following:

- Donation receipt if your group provides one

- **Information to provide each walker:**
 - a. Provide T-shirt to each walker BEFORE the walk.
 - b. Advise them refreshments are directly across the corridor in Main Cafeteria starting at 1:00 p.m.
 - c. Advise them of time for group photo.
 - d. Advise them walk begins at **12:30 PM, ON MADISON AVE West of the Overpass**. The walk is 3 kilometers (1.86 miles). They may walk the course as many times as they wish until **1:30 PM**.
 - e. Remind them to keep their Walk Shirt so they can pick up their Cookies. Cookie distribution will be done from the east side of the main Concourse across from Runner Packet Pickup.

NON PROFIT COORDINATOR CHECK OUT AT WALK REGISTRATION AREA- 12:30 PM to 1:15 PM

Please check out before you leave. Check-out items are:

- Final total numbers - number of walkers and donation amount collected
- List of pre-registered walkers, with those who showed up checked off, donation amounts listed
- List of Day of Event-registered walkers, with donation amounts listed
- All registration cards completed day of walk

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

Total Walkers as of 5/28.

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

Note:
Every 10 Walkers =
1 Entry for
Panera Breakfast Contest

Team #	Nonprofit Organization Name	Week of May 28 th	Week of May 21 st	Double It Challenge	Panera Breakfast Entry
296	100 Hispanic Women, Inc., Capital District Chapter	2	2		
344	Addictions Care Center of Albany, Inc., The	37	23		3
267	Albany Police Athletic League (PAL)	4	4		
321	Alight Pregnancy Center	4	4		
346	American Heart Association	4	4		
322	Angel Names Association	20	0	WINNER	2
347	Autism Society, Albany Chapter	3	3		
354	Bethlehem Pop Warner Football & Cheerleading	6	6		
204	Big Brothers Big Sisters of the Capital Region Inc	1	1		
288	Blooming Grove Reformed Church	1	1		
281	Boy Scouts of America, Albany Troop 149	4	0		
294	Boys & Girls Clubs of Southern Rensselaer County	3	2		
97	Brain Injury Association of New York State	3	2		
357	Brighter Choice Charter	4	2	WINNER	

	School for Girls				
115	Campus Children's Center, Inc	4	3		
243	Capital City Rescue Mission	24	20		2
127	Capital District Child Care Coordinating Council	4	4		
106	Capital District Community Gardens	1	0		
351	Capital Region Center for Arts in Education	4	2	WINNER	
335	Capital Region Sponsor-A-Scholar, Inc.	5	3		
234	Capital Region Youth Tennis Foundation, Inc.	8	8		
341	Carver Community Center Inc	9	9		
333	Cathedral Social Service	2	1	WINNER	
202	Circles of Mercy	2	2		
323	Clear View Center	5	2	WINNER	
318	Colonie Christian Life Center	3	3		
27	Conserns-U	6	6		
331	Doane Stuart School, The	1	1		
334	Dudley Observatory	3	3		
29	Early Childhood Education Center	3	3		
349	Empire Servicedog Program Inc	6	6		
30	Equinox, Inc. - Elder Empowerment Walk	19	16		1
328	Fresh Air Fund, The	8	7		
340	Girls, Inc	16	12		1
320	Grand Street Community Arts	6	4		
199	HEALTH WALKER (no nonprofit chosen)	132	100		not eligible
290	Homeless and Travelers Aid Society	1	1		
307	Hope for Women	9	9		
326	Joan Nicole Prince Home	2	2		
302	Juvenile Diabetes Research Foundation	2	2		
336	Lung Cancer Alliance - NY	12	8		1
330	Music Mobile, Inc	22	22		2
358	New York State for Veterans, Incorporated	13	12		1

348	Northeast Career Planning	18	14		1
53	Northeastern Association of the Blind at Albany	1	0		
355	OLF/St Helen's Youth Ministry	1	1		
338	Our Lady of Victory Church	1	1		
312	Our Own Productions, Inc	2	1		
57	Park Playhouse II	22	18		2
329	Parsons Child and Family Center	44	39		4
337	Rebuilding Together Saratoga County	1	1		
325	Regional Food Bank of Northeastern New York	2	0		
63	Ronald McDonald House Charities	1	0		
339	Saint Gregory's School	1	1		
345	Salvation Army - Albany	7	3	WINNER	
314	Schenectady County SPCA	3	3		
306	Senior Services of Albany	5	5		
207	Shenendehowa Adult Community Center	1	1		
350	Simplifying Lives, for a Cause Inc	1	1		
84	St Catherine's Center for Children	9	7		
327	Stakeholders Foundation, The	5	5		
245	ToLife!	12	8		
342	U.S. Committee for Refugees and Immigrants	18	17		1
332	United Way of the Greater Capital Region	4	3		
356	USATF Adirondack Race Walking	2	1	WINNER	
304	Women's Fund of the Capital Region	2	0		
111	Youth for Christ	1	1		
79	YWCA North Eastern NY	3	2		
80	YWCA Of of the Greater Capital Region	4	3		
	No walk team - walker registered	1	0		

Walking for your health & more...

We are encouraging Health Walkers who registered to walk without a charity to consider selecting one. Every dollar raised can make a difference locally for non-profits who have been struggling in this difficult economy. Please review the list and see who you would like to benefit. Donations are collected the day of the walk at registration tables. 100% of your donation goes directly to the cause selected.



Featured Non-profits:

From Francine Sinkoff

Marketing & Development Coordinator

The Addictions Care Center of Albany

Since 1967, the Addictions Care Center of Albany (ACCA) has offered the broadest continuum of addictions care in the Capital Region and is a leader in best practices for addictions treatment and prevention. Several of ACCA's award-winning prevention programs have been distributed nationally and are utilized across the country to educate and equip school children with the knowledge to prevent addiction and live healthy and productive lives. Through intensive, proactive programs customized to individual needs, ACCA touches the lives of more than 6,000 people throughout the Capital Region each year.

The Addictions Care Center of Albany empowers individuals, families and communities to advance beyond addiction and overcome barriers to healing through an array of quality, compassionate care and prevention programs. ACCA respects each individual's unique journey through recovery and believes the disease of addiction is both preventable and treatable.

ACCA staff and supporters continue to work toward a shared vision to *"heal the hearts of everyone touched by addiction."*

The Music Mobile

The Music Mobile will also perform a special song at the walk.

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.