

**Team Captain
Weekly Update**
by Alicia Jacobs
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Freihofer's 22nd
community walk

It's around the corner... just 4 weeks to go till the walk begins. Publicity is underway with brochures, posters, commercials on radio & tv along with advertisements in the Times Union. I've also noticed a lot of non-profits posting the event online! Thank you!!!

Does the song "Let's Get it Started" by the Black Eyed Peas come to mind? If not, it should since we have a new challenge for you. When I reviewed the list of walkers vs. number of participating organizations, I noticed a huge potential. So how can we maximize it? I'm sure most of you hold meetings with a variety of people during the week. Do you mention the walk? Does your staff mention the walk?

NEW THIS WEEK! 10 WALKERS PROMOTION

From now till the walk on June 5th, for every 10 walkers you recruit, you will be entered into a chance to win a Wrap-Up Thank You Office Breakfast with bagels and coffee for 15 people... thanks to our friends at Panera. So for every 10 people you have on your walk team, your group will be entered 1 time to win. (This includes all walkers to date). The non-profit winning team will be announced on June 5th - walk day.

So...ask your friends, neighbors, co-workers to register today. Take a look at your regularly dialed phone numbers and those you email the most... I'm sure you can find 10 people to walk with your group. Register today at www.freihofersrun.com/community_walk.htmxxx. Also, check out our new official fan page on Facebook. Share your stories and promote your cause at <http://www.facebook.com/pages/The-Official-Freihofer-Community-Walk/>

Bonus offer this week: Don Lawrence, USA Master's Race Walk Champion is offering all non-profits, sports walk tips and techniques. Just email him at walk2agoal@gmail.com.

Fox 23 News will also feature the walk in a Special that airs 10:30 pm on June 5th. As a reminder, all walk brochures are ready for pickup at the Freihofer's Run for Women Office located at 233 Fourth St in Troy. Call Bruce to schedule your pickup at 273-5552.

Feel free to contact me at ajmgnt@aol.com or call 669-9806.

Sincerely,

Alicia Jacobs, AJ Management

2010 Freihofer's Community Walk Non-Profit Recruiter

Highlights
in this issue:



- NEW - 10 walkers promotion
- NEW - Facebook Fan Page
- NEW - Top Teams

**FOR YOUR
CALENDARS**

Walk day:

**Non-profit check in
will be 9:30 – 10:30,
Walker check-in
10:30- 12:30.**

Walk starts 12:30 pm

For those interested in a detailed list with contact info, please email, ajmgnt@aol.com. We want to keep information confidential per charity. In addition, the first group to respond to email each week will have their organization featured for the next report.

As of this week, we have 76 non-profits registered. Congratulations to the three top teams with the most walkers. They are Parsons Child and Family Center, Park Playhouse II & Music Mobile, Inc.

Non-Profit Tip:

from Felix Perez of Salvation Army

He has a volunteer committee helping to recruit walkers. This is a great way to involve new people in the organization.

Featured Non-Profit

Congratulations to Donna M. Vancavage

of Senior Services of Albany

Our Mission

"Enhancing independence and quality of life for all older adults and their caregivers"

Senior Services of Albany is a nonprofit organization dedicated to providing low-cost, high quality services and programs to Capital Region older adults and caregivers with an emphasis on quality of life and independence including;

- Meals On Wheels
- Transportation
- Adult day care
- Caregiver services and support
- Health insurance information and counseling
- Grocery shopping assistance and home visiting
- Community dining
- Senior Center with classes, programs, computer lab and trips

306 Registered Walkers... Last week ...It was 233.

Total Walkers as of 5/7.

Note teams without any current walkers are missing from this list... but your team is registered.

Team #	Nonprofit Organization Name	Walkers
296	100 Hispanic Women, Inc., Capital District Chapter	2
344	Addictions Care Center of Albany, Inc., The	10
267	Albany Police Athletic League (PAL)	4
321	Alight Pregnancy Center	4
346	American Heart Association	2
347	Autism Society, Albany Chapter	3
354	Bethlehem Pop Warner Football & Cheerleading	6
288	Blooming Grove Reformed Church	1
294	Boys & Girls Clubs of Southern Rensselaer County	2
97	Brain Injury Association of New York State	1
357	Brighter Choice Charter School for Girls	1
115	Campus Children's Center, Inc	3
243	Capital City Rescue Mission	11
127	Capital District Child Care Coordinating Council	3
351	Capital Region Center for Arts in Education	2
335	Capital Region Sponsor-A- Scholar, Inc.	3
234	Capital Region Youth Tennis Foundation, Inc.	5
341	Carver Community Center Inc	8
333	Cathedral Social Service	1
323	Clear View Center	2
318	Colonie Christian Life Center	3
331	Doane Stuart School, The	1
334	Dudley Observatory	3
349	Empire Servicedog Program Inc	6
30	Equinox, Inc. - Elder Empowerment	3

76 Non-Profit Walk Teams.. last week it was 75.

	Walk	
328	Fresh Air Fund, The	5
340	Girls, Inc	3
320	Grand Street Community Arts	2
199	Health Walker	68
307	Hope for Women	8
326	Joan Nicole Prince Home	2
302	Juvenile Diabetes Research Foundation	2
336	Lung Cancer Alliance - NY	3
330	Music Mobile, Inc	16
348	Northeast Career Planning	13
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	16
329	Parsons Child and Family Center	32
337	Rebuilding Together Saratoga County	1
339	Saint Gregory's School	1
345	Salvation Army - Albany	3
314	Schenectady County SPCA	3
207	Shenendehowa Adult Community Center	1
350	Simplifying Lives, for a Cause Inc	1
84	St Catherine's Center for Children	1
327	Stakeholders Foundation, The	4
245	ToLife!	5
342	U.S. Committee for Refugees and Immigrants	15
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	1