

RIBBON WALK & RIDE



SATURDAY, NOV. 13

FESTIVAL PARK

DOWNTOWN FAYETTEVILLE

WALK BEGINS AT 10 A.M.

REGISTRATION 9 A.M.

RIDE BEGINS AT 9:45 A.M.

REGISTRATION 8:45 A.M.

On Saturday, Nov. 13, Friends of the Cancer Center of Cape Fear Valley Health Foundation will be hosting the 5th annual Ribbon Walk & Ride at Festival Park to benefit Friends of The Cancer Center.

Friends of The Cancer Center is a community of dedicated volunteers who nurture, support and guide cancer patients and their families through the difficult journey after being diagnosed with cancer. We provide programs and services to help improve the quality of our patient's lives – right here at home! Totally supported by fundraisers and individual gifts, Friends of The Cancer Center has been able to provide the following services - just to name a few - to meet the growing needs of our patients free of charge:

- Emergency funding for medications, dietary supplements, utilities and rent for those in dire need
- Wigs, turbans, hats and scarves
- Cancer screenings
- Gas vouchers for those in need of transportation for their treatments
- Spiritual support
- Camp Rockfish, an annual camp for patients and their families to celebrate life
- The Oasis Complementary Medicine Program

Please walk or ride with us to help cancer patients in our community. The support you give will make a difference in the lives of hundreds of cancer patients and their families.

Make a commitment today.

Walk or Ride with us Saturday, Nov. 13

Festival Park, Downtown Fayetteville

Registration: \$25

You can mail your registration and donations to Friends of The Cancer Center, or bring them with you to the walk & ride. Please make checks payable to Cape Fear Valley Health Foundation.

For more information, please call (910) 615-7618 or visit www.ribbonwalkforcancer.org





CAPE FEAR VALLEY
HEALTH FOUNDATION
FRIENDS OF THE CANCER CENTER



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SET YOUR PERSONAL FUNDRAISING GOAL

How to raise \$200 in 8 days

Day 1 – Put in your contribution of \$10

Day 2 – Ask your spouse/partner to contribute \$10

Day 3 – Ask 4 family members to contribute \$10

Day 4 – Ask 4 co-workers to contribute \$10

Day 5 – Ask 2 neighbors to contribute \$10

Day 6 – Ask 4 friends to contribute \$10

Day 7 – Ask 2 people at church to contribute \$10

Day 8 – Ask 2 people you do business with to contribute \$10

OTHER FUNDRAISING TIPS:

- Ask your employer if they offer matching gifts for charitable contributions.
- If you are walking or riding with a team, challenge each other. Offer prizes and have contests to see who can raise the most.
- Send an email or a letter to your friends and family asking them to contribute to your efforts. Let them know why this is important to you.
- Make donations in honor or in memory of a friend or loved one instead of purchasing gifts.
- Direct friends and family to www.ribbonwalkforcancer.org to make donations online towards your goal.
- Visit Cape Fear Valley Health Foundation's page on Facebook and share the link with your friends.
- Make sure you send a thank you to all of your donors.



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SPONSORSHIP PLEDGE FORM

CHECK ONE

- RACER** • \$5,000
- SPRINTER** • \$2,500
- STRIDER** • \$1,000
- WALKER** • \$500
- PACER** • \$250

Company or Individual Name: _____

Your Name (Please Print): _____

Signature: _____ Date: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

Please return by September 30, 2010 to:

Cape FearValley Health Foundation

P.O. Box 87526 • Fayetteville, N.C. 28304 • Attention: Sandy Ammons

You may fax this form to (910) 615-1551

For more information, please contact:

Deanna Benson-Reed

Friends of the Cancer Center Coordinator

(910) 615-7618

dreed@capefearvalley.com

Should you wish to have your name removed from the list of those receiving communications to raise funds for Cape FearValley Health Foundation, please write to us at 101 Robeson Street, Suite 106, Fayetteville, NC 28301. Please allow at least four weeks for us to honor your request. Combined Federal Campaign number: 21954



SPONSORSHIP LEVELS

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RACER • \$5,000

- 15 Ribbon Walk & Ride entries
- 15 Ribbon Walk & Ride T-Shirts
- 15 Friends of the Cancer Center support wristbands
- 15 Friends of the Cancer Center totebags
- Company sponsorship banner prominently displayed at walk & ride
- Sponsor name announced as major sponsor at the Ribbon Walk & Ride

SPRINTER • \$2,500

- 10 Ribbon Walk & Ride entries
- 10 Ribbon Walk & Ride T-Shirts
- 10 Friends of the Cancer Center support wristbands
- 10 Friends of the Cancer Center totebags
- Company sponsorship banner prominently displayed at walk & ride

STRIDER • \$1,000

- 5 Ribbon Walk & Ride entries
- 5 Ribbon Walk & Ride T-Shirts
- 5 Friends of the Cancer Center support wristbands
- 5 Friends of the Cancer Center totebags
- Name listed on sponsor banner

WALKER • \$500

- 3 Ribbon Walk & Ride entries
- 3 Ribbon Walk & Ride T-Shirts
- 3 Friends of the Cancer Center support wristbands
- Name listed on sponsor banner

PACER • \$250

- 2 Ribbon Walk & Ride entries
- 2 Ribbon Walk & Ride T-Shirts
- 2 Friends of the Cancer Center support wristbands
- Name listed on sponsor banner