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**MaineGeneral**  
Medical Center

www.maine-general.org

## Walker Information Sheet

**THANK YOU**  
for walking in support  
of MaineGeneral's  
Breast Care Program!

**Date:** Saturday, October 16, 2010

**Check-in:** 7:30 – 8:30 a.m.

**Start:** Under the tent at Sam's Club, Marketplace at Augusta

**Distance:** 5K (3.1 miles). Loop from Sam's Club through UMA trails and back.

### INCENTIVES:

You will receive one of these thank-you gifts for your efforts.

*If you raise... You will receive...*

\$100	Pink, chrome-accented Walk for Hope pen
\$250	Pink Insulated Grocery Tote
\$500	Pink all-purpose comfort grip tumbler
\$1000	Pink ½ zip Dobby Windshirt
\$2500	Day at Apollo SalonSpa

*\* Incentives may be awarded up to one month after the event*

### FUNDRAISING PRIZES:

#### Top Individual Fund Raiser:

Personalized apparel; Sweet Dreams Spa Package, compliments of the Senator Inn & Spa

#### Team with Most Members:

Panera Bread gift certificates

#### Top Team Fund Raisers:

Olive Garden gift certificates

### Fundraising Tips:

- Set a goal. Shoot for a particular dollar amount, one of the incentives, to be the highest fund raiser or whatever motivates you. Setting a goal helps you achieve it.
- Make a list of friends, family or business associates and plan on how you will tackle your list. Call three to five people per day, for example, send a note to each one and follow up in a week.
- Create a personal webpage by visiting [www.maine-general.org](http://www.maine-general.org)!** Post pictures, send emails and invite your friends and family to support your effort.
- Your first pledge should be from yourself. This is a strong demonstration to your friends and family that this cause is important to you.
- Remember that you are not asking for money for yourself; you are asking for support for thousands of patients right here in our community.
- Be sure to actually *ask* for a pledge. Many of people tell their friends and family they're participating in a Walk and expect them to offer to pledge. Though people often will not offer, they generally will donate if you ask.
- Checks should be made payable to MaineGeneral Medical Center. **Please collect all pledges before the Walk and turn them in at the event.** You can track these donations online too to watch the total grow! Visit the site to see how!