



2024



# WALK ALS COLORADO SPRINGS HANDBOOK

 **ALS United**  
Rocky Mountain



# WALK DAY DETAILS

## Walk ALS Colorado Springs

**location:** America the Beautiful Park Pavilion,  
Colorado Springs, CO

**date:** May 04, 2024

**time:** Picnic Time: 11:30am  
Garden of Hope Ceremony: 12:15pm  
Walk Time: 12:30pm

### details:

Join us as we Picnic at the Park! Enjoy delicious barbecue, fun music, and a new look to our walks as we raise funds and awareness for those living with ALS. Bring snacks, lawn chairs, and picnic blankets to enjoy the festivities!



### volunteer:

Volunteer opportunities include: registration, food and beverage, set-up, breakdown, and more. If you would like to help with the Walk, reach out to [Tami@alsaco.org](mailto:Tami@alsaco.org).



# MEET YOUR WALK TEAM



## Tami Anderson

### Walk ALS Colorado Springs & Walk ALS Denver Coordinator

I've worked for ALS United Rocky Mountain for two years. Prior to that, I walked in memory of my father and in honor of my sister who battled ALS. This cause is near and dear to my heart. I look forward to connecting with you all at the Colorado Springs Walk this year!

## Jill St. John

### Walk ALS Fort Collins Coordinator

I have been leading the Fort Collins Walk for the past two years after losing my uncle to ALS. I walk in memory of him and all of the amazing families I have met while working here. I can't wait to reconnect with you all at the walks this year. You're going to love the new look!



## Jordan Burrigo

### Walk ALS Utah Coordinator

I have been running the Utah Walk for the past five years and cannot wait to share the new look of our events with you all. ALS United Rocky Mountain is ecstatic to continue our local support for those folks living with ALS and their families.





# **THE IMPACT OF YOUR DOLLAR**

**\$10**

can provide a gait belt to make transfers safer and more comfortable for the patient and the caregiver.

**\$25**

can pay for special utensils to add ease and comfort to eating.

**\$50**

can pay for a commode to help with toileting.

**\$100**

can pay for a tub bench to help a person bathe.

**\$150**

can pay for a transport wheelchair.

**\$250**

can provide one month rental of a stairlift in a patient's home.

**\$300**

can provide one round trip accessible ride for a wheelchair bound patient.

**\$500**

can provide the loan of valuable in-home equipment for as long as it is needed.

**\$1,500**

can grant access to ALS-specific clinical care such as opportunities to participate in clinical trials and provide trained and specific care to patients living with ALS.



# GARDEN OF HOPE

## PETAL BY PETAL, WE'RE MAKING A DIFFERENCE

While the look of our ceremony has changed, the message remains the same. ALS United Rocky Mountain remains vigilant and passionate about supporting, advocating, and empowering those living with ALS. This journey does not rely solely on one person, but the entire community coming together, petal by petal, to make a difference.



Join us at the Walk and share why you are walking on a petal then add it to our blossoming flower.



## WHAT DOES EACH FLOWER REPRESENT?



### SUNFLOWER

Sunflowers represent support and strength. These ambassadors carry the strength of those close to them living with ALS, walking in honor of them.



### FORGET-ME-NOT

Forget-Me-Nots represent remembrance. These ambassadors carry the memories of those they love who have passed away from ALS, walking in memory of them.



### IRIS

Iris flowers represent courage and resilience, both qualities encompassed by individuals living with ALS. These ambassadors share their strength with their community as they walk.



### COSMOS

Cosmos flowers represent unity and togetherness. These ambassadors walk beside all of those affected by ALS to unite us as one and walk to support the community as a whole.

# NEXT STEPS

## MAKE A DONATION

Kick off your fundraising efforts by donating towards your team goal. This shows your commitment to the cause and encourages others to fundraise.

## SHARE YOUR WHY

Personalize your fundraising page by sharing why you walk and your personal connection to ALS.

## CREATE A URL

Create a shortened and custom URL to share with friends and family. You can post it on social media, text it out to friends, or email it to your coworkers.

## SEND EMAILS

If you donate \$5 towards your goal, you can utilize custom email templates and import your contacts to gather support straight from the participant center.

## INVITE FRIENDS

Recruit friends to join your team, raise money towards your goal, and spread awareness to their networks.



# WALK TIPS



## DOUBLE YOUR IMPACT

If your company has an employee matching gift program, you could double or triple the impact of your gift to Walk ALS. To find out if your company will match gifts, contact your Human Resources Department. If you do, you will be given a form to complete. After you complete the form, send it to ALS United Rocky Mountain, 10855 Dover St. Suite 500, Westminster, CO 80021 or fax it to 303-832-3365.

## TEAM SHIRTS

Boost team fundraising by creating personalized and custom team shirts for your teammates. Set a fundraising minimum for friends and family to hit in order to earn a shirt for walk day! Remember to start planning early in order to find a vendor and price that works for you. Get creative and raise team morale!

## HOST A MINI EVENT




Host a mini event for your community to maximize fundraising efforts and hit your team's goal! Make art? Throw an art show and use the funds to meet your goal. Enjoy baking? Host a bake sale for folks to eat good food while supporting your cause. Check out the Fundraising A-Z list for other ideas.





# WALK YOUR WAY

**Not able to make it out on walk day? No problem! You can participate in the walk your own way! Here's how:**

-  **Host a community walk in your neighborhood! Gather at a park on the day of the walk or a day that works best for you to have a mini-walk with friends and family!**
-  **Virtually walk with us on walk day! Sign up as a Virtual Walker on the website to raise funds and awareness online!**
-  **Use the #WalkALS and #UnitedForACure and tag @RockyMtnALSA (Facebook) and @alsa\_RockyMtn (Instagram) on social media to share photos and details on what your walk looks like this year!**





# FAQ

## **I FORGOT MY USERNAME AND/OR PASSWORD. WHAT CAN I DO?**

Contact your Walk Coordinator. They can help! Email [Tami@alsaco.org](mailto:Tami@alsaco.org) for questions regarding logging into the website and she can get you all set up and ready to fundraise!

## **WHY WON'T IT LET ME CONNECT TO FACEBOOK TO FUNDRAISE?**

Facebook Fundraising is currently down and won't let you connect your page to it. To work around this, you can create a shortened link to your fundraising page and post the link to your Facebook page.

## **MY FRIEND WON'T BE AT THE WALK BUT STILL WANTS TO HELP. HOW CAN THEY?**

Those that can't make it to the walk can register as a virtual walker for your team. They will still receive all of the same online fundraising tools to make it easy to support, even from far away!



## **I'M NOT A TEAM CAPTAIN BUT I STILL HAVE A FUNDRAISING PAGE. DID I REGISTER WRONG?**

No! Everyone who signs up for the event will have a fundraising page and access to all of the amazing fundraising tools the team captains have access to. This lets all team members their own personal goals that will all go toward the team's goal.

## **I MADE A DONATION BUT IT'S NOT SHOWING UP ON MY PAGE. DID IT GO THROUGH?**

More than likely the donation was credited incorrectly. Check with your walk coordinator to help track the donation down and make sure it is applied to your page.

## **MY SUPPORTERS PREFER TO MAKE A DONATION BY CHECK OR CASH RATHER THAN ONLINE. HOW CAN THEY DO THIS?**

You can print an offline donation form right from the bottom of your personal page in the Participant Center. Use that to mail in checks to ensure they are credited correctly.

## **I REGISTERED FOR THE WALK BUT IT'S NOT LETTING ME SEND OUT EMAILS THROUGH THE PARTICIPANT CENTER. WHAT'S WRONG?**

To utilize this tool a minimum \$5 donation will unlock the email tool and function in your participant center. This \$5 could be a self-donation right now, or a donation through the link on your personal page. This is not a registration fee.

**HAVE MORE QUESTIONS? EMAIL TAMI AT [TAMI@ALSACO.ORG](mailto:TAMI@ALSACO.ORG).**





# THANK YOU TO OUR SPONSORS

