



## Join CARA for the 2<sup>nd</sup> Annual Wrinkle Run, Walk, and Rock-A-Thon!

Wednesday, May 27, 2009/ 10am – 12pm  
North Steps of the Capitol, Sacramento

**First Name:** \_\_\_\_\_ **Last Name:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_ **EMAIL:** \_\_\_\_\_

I plan to  RUN  WALK, or  ROCK  ROLL for at least one hour.

Dear Potential Sponsor,

I am participating in the CARA Wrinkle Run, Walk, Rock or Roll-A-Thon. All proceeds will help fund the work of the California Alliance for Retired Americans (CARA) and our efforts to improve the quality of life for seniors in California. Please sponsor me – I will be walking, running, rocking or rolling for one hour. Minimum pledges for one hour are \$10. Make checks to CARA. You can pay for your pledge now, or after the event. Thank you for your support! (additional pledge forms available)

	Name of Sponsor	Pledge (minimum pledge \$10)	Amount Collected from Sponsor	Sponsor phone/email
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	<b>Name of Sponsor</b>	<b>Pledge (minimum pledge \$10)</b>	<b>Amount Collected from Sponsor</b>	<b>Sponsor phone/email</b>
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# 2<sup>nd</sup> Annual CARA Wrinkle Run, Walk, Rock or Roll-A-Thon

## Wednesday, May 27<sup>th</sup>, 2009 from 10am – 2pm

### North Steps of the Capitol, Sacramento

The 2<sup>nd</sup> Annual Wrinkle Run, Walk, Rock or Roll-A-Thon is a fun event to promote fitness for seniors as well as to raise funds for the work of the California Alliance for Retired Americans (CARA). Our goal is to raise at least \$25,000 this year, while having fun, getting some exercise, and educating the public about the important issues facing seniors and their families in California. We hope that every CARA Board member and at least 100 other CARA members will participate as a Runner, Walker, or Rocker or Roller. If each CARA Board member raises \$100, and 100 other CARA members each raise at least \$50, we will be  $\frac{1}{4}$  of the way there. Hopefully, some of our participants will raise much more money than that (last year our high pledge getter raised over \$1500!). Thank you very much for your participation!

#### Rules

1. Participants may start collecting pledges as soon as they receive the pledge sheets. **Reminder: Pledge sheets need to be turned in on the day of the Wrinkle Run on May 27<sup>th</sup>.**
2. Participants must collect at least \$50 worth of pledges to participate (CARA Board members must collect \$100 worth of pledges).
3. **Each sponsor making a pledge should write their name and pledge amount.** Participants may collect the pledge in advance, or you can collect your pledges after the event. You can turn in your pledges as you collect them.
4. On the Wrinkle Run day, each participant will run, walk, rock or roll for one hour. The main event will be in Sacramento, but participants can also run, walk, rock or roll at their own house, around your block, at your local senior center—whenever—as long as you do it for one hour. There will be transportation to Sacramento from the Bay Area and Central Valley locations on the day of the event. Call CARA at 510-663-4086 to reserve a seat.
5. Upon completion of the Wrinkle Run, participants will hand in their pledge forms to be certified. Those attending in Sacramento will receive a free lunch in the Capitol Cafeteria (basement of the State Capitol Building).
6. **Please return pledge sheets with the money to CARA by July 15, 2008.**

We look forward to all our participants having a great time! For questions or concerns, or to volunteer, **call CARA at 510-663-4086.**