Please Register for this event at **www.runwalkrollaz.com** and follow directions for Pledge Registration. Plan on turning in pledges at packet pick up or the day of event

Helpful Hint
Ask your Family and Friends to walk

Don't Stop Once You Hit your Goal…
Keep on Going!!!

Everything little bit helps!!!
No Donation is too small.

Set up Change Jars at home, work and school if allowed

For the Top 3 Pledge a will receive a Award/Prize**

For Helpful Flyers and Information for the 5k/10k Run,Walk & Roll Please go to: www.runwalkrollaz.com

Arizona Disabled Sports

Run, Walk & Roll

5K/10K

January 9, 2010

Participat's Name: _____

** Goal of 250.00 for each Person**

Name:	Address:	Email/Phone Number:	Amount Received:
		Total:	