



# California Brain Injury Association

## 1<sup>st</sup> Annual Statewide

# **WALK FOR THOUGHT**



Yokuts Park  
Bakersfield, CA

## MARCH 29, 2008

Registration 9:00 a.m. ~ Walk Begins at 10:15 a.m.

### **WALK INSTRUCTIONS**

#### **TEAMS**

1. Form your Team
  - The team can consist of family, friends, co-workers, neighbors, or anyone with the desire to raise funds to help all Californians living with brain injury
2. Choose a team name
  - Be creative – think of something that represents the reason you are walking
  - Teams can bring their own signs to carry with them on the walk
3. Set fundraising goals for your team
  - Team Captains should set a goal for each team member, and a goal for the team.
  - Encourage team members to solicit donations and record them on the back of their registration sheet
4. As a Team Captain, you will be responsible for:
  - Gathering each team member's individual registration and sponsor form, ensuring that your team name is on the form, and that each walker has signed the waiver at the bottom. All checks should be made payable to CALBIA
  - Mail, fax, or deliver the completed forms to the Walk Site Coordinator by March 21, 2008 (See below)
  - Maintain copies of the forms for your records and bring them with you to the Team Registration Table at Yokuts Park
5. Advanced registration is preferred, but walk-ups are welcome to join the **Walk For Thought**. CALBIA cannot guarantee that a T-shirt will be available for persons that register the day of the event, but orders will be placed after the event if none are available
6. Upon arrival at Yokuts Park, proceed to the Team Registration Table. As a Team Captain, you will receive a large envelope with your team name and roster on it. Use this envelope to collect the remaining forms and donations from your team members
7. After your entire team has checked in with you, return the envelope to the Team Registration Table and collect the T-Shirts
8. Gather your team and proceed to the designated area for a team photo
9. Keep your team together. Following the Opening Ceremony, your team will begin the Walk, heading west on the bike/walk path to Coffee Road. There will be water stations set up along the path
10. After returning to Yokuts Park, please enjoy the food and visit the vendor tables

#### **INDIVIDUALS**

1. As an Individual Walker, you are responsible for:
  - Completing the registration and sponsor form. Be sure to sign the waiver at the bottom of the form
  - Soliciting donations from family, friends, co-workers and record the donations on the back of the registration form. All checks should be made payable to CALBIA
  - Mail, fax, or deliver the completed form to the Walk Site Coordinator by March 21, 2008 (See below)
2. Upon arrival at Yokuts Park, proceed to the Individual Walker Registration Table where you will receive your T-Shirt
3. Advanced registration is preferred, but walk-ups are welcome to join the **Walk For Thought**. CALBIA cannot guarantee that a T-shirt will be available for persons that register the day of the event, but orders will be placed after the event if none are available
4. Proceed to the designated area for a photo
5. Following the Opening Ceremony, begin the Walk, heading west on the bike/walk path to Coffee Road. There will be water stations set up along the path
6. After returning to Yokuts Park, please enjoy the food and visit the vendor tables

#### **Bakersfield Site Coordinator: Paula Daoutis**

Phone: (661) 872-4903

Fax: (661) 873-2508

Deliver Team and Individual Registration forms to: 1800 30<sup>th</sup> St., Suite 250 between 8:00 a.m. – 4:30 p.m.