

How to Register

1. Return the registration form to your **team captain**. They will provide you with the necessary information.
2. If you are not affiliated with a team, send your registration to Jen Bagley, Walk Director, Missouri Western State University, 4525 Downs Dr., St. Joseph, MO 64507. You will be contacted and we will place you on a team.
3. Do you want to organize your own team among friends or business associates? Call the Athletic Office at (816) 271-4481 for more information.

Registration Form (Please Print)

Name _____

Address _____

City, State, Zip _____

Home Phone _____

Place of Employment _____

Work Phone _____

E-mail address _____

I would like information about starting my own team

Please place me on a team

Return to: _____

(your team captain)

If you are not affiliated with a team, return to:

Jen Bagley, Walk director

Missouri Western State University

4525 Downs Dr.

St. Joseph, MO 64507

Fold one

30-Minute Walk at
Missouri Western State University
Arena in Looney Complex

A fundraiser for Women's Athletics
and the YWCA Choices program

Saturday, November 14, 2009
Rain or Shine

Walk Schedule

- 8:30 am** Check-in
FREE Babysitting available at
the field by our student-athletes
- 9:00 am** Walk begins. Enjoy yourself and set
your own pace.
- 9:30 am** Refreshments and drawings for
special prizes.

How the Walk Works

Women and men are recruited to serve as team captains.
They then secure as many people to walk as necessary to
hit the team goal of \$500.00. Each team member contacts
people by mail, phone, or in person to obtain donations.
These donations apply to the individual walker's total and
The team goal, which qualifies them for incentive prizes

Tips on how to get donations

Just ask! Be positive and enthusiastic. This is a fun
event and you should feel great for helping to support
two great causes!

Who to ask:

- *People who contacted you for raffles etc.
- *Neighbors, relatives, co-workers
- *Those you do business with: doctors,
beauticians, insurance agents, etc.

Collection

Sponsor sheets and deposit slips are provided to each

Walker and team captain. As you receive money, fill
Out the deposit slip provided and send it with the money
To your TEAM CAPTAIN.

Drawing for special prizes

You will be eligible for the drawing for special prizes
if you have turned money in to your team captain by
November 6th.

The more you raise the better your chances of winning!
Your name will be entered into this drawing for every \$100
turned in.

Why you should be part of the Walk for Women

The Missouri Western Athletic Department understands that our student-athletes are not only representatives of their respective programs, but of the University and Community as a whole. Our student-athletes serve as wonderful role models for area youth. Our female athletes understand that self-esteem and the ability to make good choices for themselves is a challenge for young women today. It is in that sentiment that the Western Athletic Department has coupled with the YWCA Choices program to raise funds to support the Women's Athletic program and the Choices program.

The middle school aged girls that attend the YWCA Choices program learn about setting goals, identifying priorities and career options, being assertive, respecting their bodies, and supporting one another in saying "no" to tobacco, alcohol, and other drugs. A portion of your contribution will go toward funding for this worthwhile program. The Missouri Western Athletic Department is committed to Choices and will provide female athletes as Choices mentors.

Missouri Western Athletics has increased competitive opportunities for women by fifty percent over the past three years. We want to provide the necessary funding to support this exciting trend. Your contribution will not only be enhancing the educational opportunities for our female student-athletes, you will be promoting leadership, discipline, and teamwork for the development of our leaders of tomorrow.