

WHY YOU SHOULD WALK

Ivy Vine Charities 5K Walk for Diabetes & Scholarships, is an annual event that raises funds to support the American Diabetes Association's research and treatment programs; in addition to assisting student's in the Metropolitan Washington, DC area with educational scholarships. This walk is non competitive and is family oriented. While this disease affects over 20 million children and adults in the United States, the statistics are more staggering for African Americans and serves as a catalyst in supporting this worthy cause. Compared to the general population, African Americans are disproportionately affected by diabetes:

African Americans & Diabetes: Stats and Facts

- 3.2 million or 13.3% of all African Americans aged 20 years or older have diabetes.
- African Americans are 1.8 times more likely to have diabetes as non Hispanic whites.
- Twenty-five percent of African Americans between the ages of 65 and 74 have diabetes.
- One in four African American women over 55 years of age has diabetes.

WAYS TO PARTICIPATE

Walk Individually OR Start a Team

You can participate as an individual or start a team with your family, friends and/or colleagues.

Cannot Attend? Be a Donor Anyway!

Walking is healthy, but we love gracious givers! We are asking for volunteers to donate and fundraise in this worthy cause.

~This event will be held, **RAIN OR SHINE**~

For additional information, please call 240-328-9992 or visit our web site at www.ivyvinecharities.org

CORPORATE SPONSORS (Please Print Clearly)

Company Name

Address

City State Zip Code

Point of Contact (Name)

Daytime Phone Number

Contribution (Select One):

\$50 \$100 \$300 \$500 \$_____

INDIVIDUAL SPONSORS (Our goal is to raise \$75 per participant)

1. Donor Name	Total \$
2. Donor Name	Total \$
3. Donor Name	Total \$
4. Donor Name	Total \$
5. Donor Name	Total \$
6. Donor Name	Total \$
7. Donor Name	Total \$
8. Donor Name	Total \$
9. Donor Name	Total \$
10. Donor Name	Total \$

Please photocopy this form to include additional sponsors

Turn it completed form with your sponsor donations on event day or mail to:

Ivy Vine Charities, Inc.
Attn: 5K Diabetes & Scholarships Walk
43 Randolph Road PMB 102
Silver Spring, Maryland 20904

IVY VINE CHARITIES, INCORPORATED

5th Annual 5k Walk for Diabetes & Scholarships



Saturday, September 26, 2009

**Wheaton Regional Park
2000 Shorefield Road
Wheaton, Maryland**

Walk Begins at 9 a.m.

www.ivyvinecharities.org

*"Women Working to Enrich Lives
Through Community Services"*

EVENT DAY INFORMATION

**5K Walk
for Diabetes & Scholarships**
Wheaton Regional Park
2000 Shorefield Road Entrance, Wheaton, MD

8:30 a.m. ~ Registration
8:45 a.m. ~ Warm-Up Activities
9:00 a.m. ~ Announcements & Walk Kick-Off
Event Chairs: Virginia Boateng and Desirea L. Hughes

Directions to 5K Walk for Diabetes & Scholarships:
(From 495 Beltway)

Take 495 Beltway to exit 31A for MD-97 N/Georgia Avenue toward Wheaton. Merge onto Georgia Avenue/MD-97 for 2.8 miles. Turn on at Shorefield Road. Park Entrance is on the Right.

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ABOUT IVY VINE CHARITIES, INC.

IVY VINE CHARITIES, INC., was founded in 1994 by Theta Omega Chapter of Alpha Kappa Alpha Sorority, Inc. Charities is an outgrowth of the dedication in providing exemplary community service activities in Montgomery County, Maryland for the past 25 years.

Charities is a 501 (c) (3) nonprofit organization and contributions are deductible to the full extent allowed by law.

Charities engages in fundraising to provide revenue in support of scholarships, grants and contributions to local and national and international service organizations.

Donna Chapman Owens, President

43 Randolph Road PMB 102
Silver Spring, Maryland 20904

IVY VINE CHARITIES, INC. • 5K WALK FOR DIABETES & SCHOLARSHIPS • SAT., SEPT. 26, 2009 • REGISTRATION FORM



First Name Last Name

Mailing Address Apt./Suite # (circle one) H W

City State Zip

Phone (circle one) H W Employer/Company Name

Email Address

LAST DAY TO MAIL PRE-REGISTRATION FORM IS SEPTEMBER 1, 2009

Ivy Vine Charities 5K Walk Waiver

WAIVER AND RELEASE OF LIABILITY AND ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

In consideration of my entry, I, intending to be legally bound, do hereby, for myself, my heirs, executors and administrators forever waive release and give up any and all claims, demands, liability, damages, costs and expenses of any kind whatsoever, including personal injuries to me or wrongful deaths, against Ivy Vine Charities, Inc., which may arise from my participation in the Ivy Vine Charities, Inc. 5K Walk. I attest and verify that I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate. I grant full permission to any and all organizations which obtain photographs, videotapes, recordings or any other record of the event to use them for any purpose whatsoever, and for an unlimited amount of time. I understand that funds remitted are non-refundable and non-transferable for any reason.

By (Signature) _____
Date _____
Print Name _____

Mail this form to:
Ivy Vine Charities, Inc.
Attn: 5K Diabetes & Scholarships Walk
43 Randolph Road PMB 102
Silver Spring, Maryland 20904

Adult \$25 \$ _____
Youth (12 -6 y/o) \$15 \$ _____

I will not be able to attend, but please accept my donation of \$ _____

TOTAL AMOUNT OF DONATION \$ _____

MAKE CHECKS PAYABLE TO IVY VINE CHARITIES. PLEASE DO NOT SEND CASH. DO NOT STAPLE OR TAPE CHECK TO REGISTRATION FORM.



(Pick Up Your T-Shirt on Event Day):

YS (Youth) M (Adult) L XL XXL

**We Look to Walking with You in Support of this Worthy Cause!
Thank You for Participating in this Event!**

