LUPUS WALK/RUN
Celebrating Our Annual Lupus Walk/Run

5 Kilometer Walk/Run
(3.1 miles)
Saturday
November 8, 2008
Dorey Park
Henrico County
Richmond, VA
(Registration Begins at 8:30 a.m.)
Rain or Shine
Walk/Run will begin at 9:30 a.m.

Together We’ll Fly

FACT
It is estimated that 2 to 2.5 million Americans have lupus. Yet when patients are diagnosed with the disorder, most know very little about it. Lupus - Everything You Need to Know by Robert G. Lahita, MD.

FACT
Lupus suffers more from a lack of awareness than any other major disease.

FACT
Lupus is NOT infectious, NOT rare, NOT cancerous, NOT a form of arthritis, and is NOT AIDS.

FACT
While there is currently no known cure to Lupus, current therapies provide effective treatment relief for most people with Lupus.

FACT
Donations to help us carry out our work are tax deductible to the full extent allowed by law.

FACT
Treatment includes being followed by good physician(s) and compliance with the physician(s) advice. A good therapeutic regimen includes medication (if needed), patient education, and emotional support.

24 HOUR SPEED REGISTRATION BY
FAX (804) 270-7985 or
email: lfvinfo@lupusofva.org

JOIN THE FUN BY COMPLETING AND MAILING:

Name
Address
City       State       Zip
Phone home ( )     work ( )

REGISTER A FRIEND:

Name
Address
City       State       Zip
Phone home ( )     work ( )

PLEASE SEND ME:

_____ Pledge sheets, and _____ posters to distribute.

☐ I would like to volunteer
☐ Please send me information on Lupus
☐ I am unable to walk, but please accept my check for $______
☐ I am walking (circle one) “in memory of” or “in honor of”

Name of honoree
Address
City       State       Zip

— Please make all checks payable to the Lupus Foundation of Virginia, Inc. —

A memory and “in honor of” board will be posted at the park.

DIRECTIONS TO DOREY PARK

From I-95:
- Exit at the 64 East – Williamsburg/Norfolk Exit 75).
- Head south on Laburnum for about 3 miles.
- Pass the Nabisco plant on the right.
- At Darbytown Rd., turn LEFT.
- Continue on Darbytown for about 1.5 miles. The park will be on the RIGHT.

From I-295:
- Get off at the Varina exit (Exit 22). You’ll be on New Market Rd. (Rt 5).
- In a short distance, turn right onto Doran Rd.
- Turn left onto Darbytown Road.
- Turn left at Dorey Park Drive.

The Lupus Walk/Run 2008 could not take place without the support of our dedicated and enthusiastic volunteers, who will insure a safe, smooth and fun day for everyone . . .

CALL 1-888-262-9632 TO VOLUNTEER.
THE LUPUS WALK/RUN 2008

What is the Lupus Walk/Run?
The Lupus Walk/Run is a fund-raising event which supports our efforts to find the cause and cure for lupus.

It's Simple - Here's How It Works!
Collect donation pledges from friends, family, neighbors, school and work associates.

Pledges are "prepaid". Collect money in advance when the pledge is made and bring to registration on November 8.

— Minimum donation per walker is $10 —

This is going to be fun for the whole family!
We will have:
- face painting
- balloons
- refreshments
- prizes

"Warm up" before we begin the Walk/Run.
All participants will receive a "t-shirt".

For additional forms and registration, please call
804-262-9622 or 888-262-9632

THE LUPUS WALK/RUN 2008

Please bring this with you the day of the Lupus Walk/Run 2008

Ask your friends, co-workers or relatives to make a contribution for your efforts. They can pledge an amount or you can suggest a gift of $10, $15 or more! (We request a minimum donation of $10 per walker.)

Yes! My Company has a matching gift policy. Company Name

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— Copy This Form If You Need Additional Sponsor Sheets —

Together We'll Fly

Please bring this form and your "prepaid" pledges on the morning of the walk/run.