

GMC

GENTLEMEN MAKING CHANGES INC.

1st ANNUAL DIABETES WALK FOR A CURE

WALK-A-THON

*Saturday, November 26th, 2016
Hub Stein Sports Complex
Plainfield, N.J
9am – 12pm*

REGISTRATION PACKAGE

Register Online: <http://www2.jdrf.org/walkforacurediabeteswalkathon>

Tips for forming a team for the Walk for a Cure Diabetes Walk-A-Thon

The Gentlemen Making Changes Inc. 1st Annual Diabetes Walk for a Cure Walk-A-Thon was inspired by the enthusiasm and devotion to finding a cure for Type 1 Diabetes since the diagnosis of 16 month old Rayna Wyatt.

G.M.C Inc. has partnered with the Juvenile Diabetes Research Foundation (JDRF) to raise funds and awareness along with dedicated walkers, volunteers and sponsors to help us create a world without T1D. We are asking each team to take STEPS to improve our health!

Participants are changing the future and improving the lives of those who are affected by diabetes. You can, too! Our goal is for each team to raise \$1,000.00 and walk a minimum of 1 mile = 4 laps.

Walk-A-Thon participants commit to walk and raise money in this inspirational event not only because nearly 30 million people in the United States have diabetes, but because they more than likely know someone who is living with the everyday challenges of diabetes. This family-friendly event is full of passion, fun, and most importantly, the company of those who truly understand the impact of diabetes.

- 1) Set a goal of 10 walkers.
- 2) Start with your immediate family members, and then add friends/co-workers/community members.
- 3) Create an achievable goal for each team member (\$100).
- 4) For family members, friends, co-workers, and community members that do not plan to participate in the walk, request a monetary donation. \$1000 per team is achievable, so rather than lowering the initial goal amount, increase the number of members on the team. \$100 may be too hard for some families so you may change the goal to \$50 or \$20 per person. Increase your goal of walkers to raise \$1000.

Walk for a Cure Diabetes Walk-A-Thon

Team Registration Form

Register Online: <http://www2.jdrf.org/walkforacurediabeteswalkathon>

Date: _____

Organization Name: _____

Contact Person: _____

Phone #: _____ E-mail: _____

Team Captain: _____

Phone #: _____ E-mail: _____

Team Name: _____

Team Member Name	Phone	Signature
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		

10.		
11.		
12.		
13.		
14.		
15.		
16.		
17.		
18.		
19.		
20.		

Waiver: I hereby waive all claims against Gentlemen Making Changes Inc. sponsors or any personnel for any injury I might suffer in this event. I attest that I am physically fit and prepared for this event. I grant full permission for organizers to use photographs of me and quotations from me in legitimate accounts and promotions of this event.

Signature(s): By signing above, you have read and agreed to the waiver statement. *If the participant is less than 18 years of age, they must complete a single registration form with parent/guardian signature.*

Please return this form and payment to:

Make checks or money orders payable to Gentlemen Making Changes Inc. (Memo: Diabetes Walk-A-Thon)

P.O Box 2604, Plainfield, NJ 07060 or Scan and E-mail to gentlemenmakingchanges@gmail.com

Walk for a Cure Diabetes Walk-A-Thon

Single Registration Form

Register Online: <http://www2.idrf.org/walkforacurediabeteswalkathon>

Date: _____

Company Name: _____

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ home _____ cell

I am walking alone

I am walking with a team

Team Name (if applicable): _____

Waiver: I hereby waive all claims against Gentlemen Making Changes Inc. sponsors or any personnel for any injury I might suffer in this event. I attest that I am physically fit and prepared for this event. I grant full permission for organizers to use photographs of me and quotations from me in legitimate accounts and promotions of this event.

Signature: _____

(Parent or Guardian's signature if less than 18 years of age)

Donation Amount: \$ _____ (Please Enclose)

I am unable to walk, but please accept my donation.

I have diabetes and would love to support the cause. Please accept my donation.

I am walking for someone with Diabetes. Please accept my donation in honor of or in memory of _____.

My company would like to become a sponsor for this event. Please accept our donation.

My company has a matching gifts program. Please contact us for further details.

Please return this form and payment to:

Make checks or money orders payable to Gentlemen Making Changes Inc. (Memo: Diabetes Walk-A-Thon)

P.O Box 2604, Plainfield, NJ 07060 or Scan and E-mail to gentlemenmakingchanges@gmail.com

It's time for a Change!
1st Annual Walk for a Cure Diabetes Walk-A-Thon

Saturday, November 26, 2016

First Name: _____ Last Name: _____

I pledge to walk at least 1 mile.

Dear Participant/Team Member,

I am a Team Captain for the **Gentlemen Making Changes Inc. 1st Annual Walk for a Cure Diabetes Walk-A-Thon**. As Team Captain, it is my civic duty to form a team of at least 10 participants and raise a goal of \$1,000.00. This Diabetes Walk-A-Thon is to raise funds and awareness to find a cure for Type 1 Diabetes. Proceeds will benefit the Juvenile Diabetes Research Foundation. You can sponsor me for at least \$10.00 per mile or you can name a maximum amount that you are willing to contribute. I also welcome and encourage you to join me in the Walk-A-Thon if you are physically able. Please make checks or money orders payable to **Gentlemen Making Changes Inc.** All contributions are tax-deductible.

Thank you!

	Name of Sponsor	Min. Pledge per Mile \$10.00	Maximum Pledge	Amount Collected	Phone
					E-mail
1					
2					
3					
4					
5					
6					
7					
8					

	Name of Sponsor	Min. Pledge per Mile \$10.00	Maximum Pledge	Amount Collected	Phone
					E-mail
9					
10					
11					
12					
13					
14					
15					
16					
17					
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19					
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Participants:

To reach our goal of \$1,000.00, we hope that each team participant finds at least ten sponsors to donate or pledge at least \$10.00 or more.

Our walk-a-thon is a fun and fit activity for the community, with all participants striving to achieve their personal best distance. Participants should set realistic lap goals. Drinks for hydration will be provided and awards given for exceptional participation.

Our goal is to help Gentlemen Making Changes Inc. raise at least \$10,000.00 to benefit JDRF. We hope that each team will participate in the walk-a-thon to the best of its ability. If we get 10 teams to raise \$1,000.00, we will achieve our goal. Thank you very much for your participation!

Rules

1. Team Captains may start collecting pledges as soon as they receive the pledge sheets.
Reminder: Pledge sheets must be submitted no later than Friday, Nov. 18, 2016.
2. Pledges may be made by anyone. **Each sponsor making a pledge should write their own name, pledge per mile and maximum pledge.**
3. On the day of the walk-a-thon event, each team/participant should try to walk at least 1 mile. Each mile is approximately 4 laps. Each participant will be issued a “lap tag,” which will be punched each time the participant reaches the starting point, thereby keeping track of the number of laps completed.
4. Upon completion of the walk-a-thon, participants will hand in their lap tags. A volunteer will record each participant’s lap total for the official record and consider it amongst the others for an award.

Please return pledge sheets to Gentlemen Making Changes Inc. no later than Friday, Nov. 18, 2016.

We look forward to all our participants having a great time!
For questions and concerns, or to volunteer for this event,
please contact G.M.C Inc. via e-mail at
gentlemenmakingchanges@gmail.com.