

Here's How The Walk Works:

1 Get Pledges of Support!

Ask family, friends, co-workers, and people in your congregation to pledge money for your walk. Fill out your walk papers with names and dollar amount of donation. Supporters can pledge per mile or make a single contribution. Remind them that the money raised will support 4 community service organizations!

2 Your Steps Count!

Anyone can be a walker!

3 Create Your Own Team Identity!

Hats, signs, t-shirts, etc. with your team or company name or logo makes it easy for your team members to gather together before the walk.

4 Complete Your Walking Papers!

All walkers must have their own walking papers, regardless of age or whether they are part of a team. Feel free to request more copies of walking papers from the Cook & Care Walk-a-Thon, or you may make photo copies as needed.

5 Collect & Turn in Money on Day of the Walk!

Checks should be made payable to *Interfaith Cooperative Ministries, Inc.*

6 Show Up!

October 17th at Edgerton Park at 1:00 pm for Registration. All Walkers must register before beginning the walk. The 3 mile walk begins at 2:00 pm.

7 Cook and Care T-Shirts

T-shirts will be given to walkers bringing in \$25.00 or more.



Directions to Edgerton Park

From New Haven and South

Take I-91 North to Exit 6 (Left exit). At the end of exit ramp, take a right onto Willow St. Follow Willow St. all the way to the end, where it meets Whitney Ave. Take a right onto Whitney, then approximately 3/4 mile to Cliff St. Edgerton Park on your left.

From North of New Haven

Take I-91 South to Exit 6. At the end of exit ramp, take a right onto Willow St. Follow Willow St. all the way to the end, where it meets Whitney Ave. Take a right onto Whitney, then approx. 3/4 mile to Cliff St. Edgerton Park is on your left.



If You Can't Come to the Walk

We welcome donations at any time! Before, after, and during the walk! If you can't come on the day of the walk, you may send donations to:

Interfaith Cooperative Ministries

311 Temple Street
New Haven, CT 06511

All donations are tax deductible.

If you have questions, or need additional information, call CSK: (203) 624-4594

Or visit our Website at: www.cookandcare.org

Cook And Care Walking Papers

Date: Sunday, October 16, 2011

Time: Registration at 1:00 pm • Walk begins at 2:00 pm

Where: Edgerton Park, New Haven (Corner Whitney Avenue and Cliff Street)

Your Name _____ Phone _____

Address _____ City _____ State _____ Zip _____

(Please check one) I am walking by myself I am walking with a group or organization

Community Group or Organization _____

How did you Learn about the Walk-a-Thon? _____

Important: In consideration for accepting this entry, I, by my participation, intending to be legally bound, for myself, my heirs, my executors and administrator, waive and release any and all rights for any kind of damages or any other liability I may have against any parties or persons connected with the COOK & CARE WALK. I attest and verify that I am physically fit to undertake the Walk. I grant full permission to use any photographs, film, or videotapes of this event for any purpose.

Parent/Guardian Signature _____ Walker Signature _____

(Walkers under 18 MUST have signature of parent or guardian!)

Be sure to bring this paper with you to the walk!

	Sponsor Name	Phone	\$ Collected
1.	My Own Donation _____		
2.	_____		
3.	_____		
4.	_____		
5.	_____		
6.	_____		
7.	_____		
8.	_____		
9.	_____		
10.	_____		
11.	_____		
12.	_____		
13.	_____		
14.	_____		
15.	_____		
16.	_____		
17.	_____		
18.	_____		
19.	_____		
20.	_____		
	TOTAL COLLECTED		

FINAL CHECKLIST

- Did you fill out Walking Paper information completely?
- Did you sign Walk Paper (by guardian if walker is under 18)?
- Did you bring money collected for the walk?