



Alzheimer's Tennessee

WALK TO MAKE ALZHEIMER'S A MEMORY MARATHON

Yes, you can do a marathon! Just WALK 26.2 miles over the course of several weeks, perhaps 1 mile per day. (And if you are a runner, this FUNdraiser may be the perfect training tool.) Living with Alzheimer's disease is not a sprint — it's a marathon. That's why you are committing to do the Alzheimer's Tennessee Marathon to Make Alzheimer's a Memory.

Here are your first steps:

- 1.) If you haven't already, visit www.alzTennessee.org/Walks and sign up for the Walk in your community. Start a Team and invite your friends, family, co-workers, and neighbors (who may also be out walking more these days) to Join Your Team.
- 2.) Next, find donors to help you reach your goal of raising funds for the local non-profit organization during this Marathon. Ask 8 people to each donate \$1/mile or \$26.20. (If you have 26 friends, you could ask each of them to contribute \$8 — and you will still reach a personal goal of raising \$200+.) Personalize the provided explanation to reach out to donors by email, letters and on Facebook. Letting people know you're doing a Marathon should get some attention! Then, be sure to share updates, pictures and selfie-videos of you walking.
- 3.) Start walking! Track your mileage on your phone, watch or use the table below:

Tri-Cities ■ Knoxville ■ Cookeville ■ Nashville ■ Tullahoma ■ Jackson