

DONATION FORM – Dave's Ice Bucket Challenge - 3/15/15

Many of you have heard of the Ice Bucket Challenge. But, did you know that this challenge was created by the ALS Foundation to help them raise awareness for the fight against ALS? We'd like to challenge those folks participating in **Dave's Run for ALS** to our own version of the challenge which we're calling, "**Dave's Ice Bucket Challenge**".

As you know, **Dave's Run for ALS** is name after David Filer, who was an avid runner, active SAR member, and local businessman diagnosed with ALS, also known as Lou Gehrig's Disease, in the summer of 2000. The event benefits the Jim Himelic Foundation which raises funds for ALS Research at the University of Arizona.

Simply let your friends and family know that after the race you will have a bucket of ice water dumped on your head and all you need them to do is to donate in your honor to the Jim Himelic Foundation. Questions? Please see details on the reverse side of this page.

First Name	Last Name		Cash	Check	Web	Amount
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What do I need to do?

- 1. Prior to March 12, 2015, send an email to co-Race Director Steve Outridge (outridge2003@yahoo.com) stating your intention to participate in Dave's Ice Bucket Challenge.
- 2. Get your friends and family to donate to the Jim Himelic Foundation in your honor following the instructions below.
- 3. Track your donations on the form which you can download here: http://www.azroadrunners.org/races/detail/daves run and make sure to bring your form on race day.
- 4. Come out to run or walk the 5K at Dave's Run for ALS on 3/15/15. After the finish and before the award ceremony we will have all of the folks participating come on up, give you a shout out including the amount of money raised, and finally dump a bucket of ICE water on you!

What do my friends and family need to do?

- 1. They can go on-line to the Jim Himelic Foundation website and click the link for their on-line donations: http://www.jimhimelicfoundation.org/.
- 2. They can give you cash or check and you can bring it with you on race day and give it to the Race Directors who will give it to the Jim Himelic Foundation Team.

Questions?

Email co-Race Director Steve Outridge (outridge2003@yahoo.com)