

## Contact and Payment Information

Please return this portion with check or money order payable to:

Lee-Russell Aging Foundation

Attn: Leisa Askew

2207 Gateway Drive

Opelika, Alabama 36801

334-749-5264 EXT: 215

1-800-AGELINE

Checks and registration forms must be received no later than January 18, 2013 to ensure requested t-shirt size.

The Lee-Russell Aging Foundation is a 501C-3 organization. All donations or sponsorships are tax deductible.



## LEE-RUSSELL AGING FOUNDATION

Lee-Russell Council of Governments  
2207 Gateway Drive  
Opelika, AL 36801  
Attention: Leisa Askew

Phone: 334-749-5264 Ext 215  
Fax: 334-749-6582  
E-mail: leisa.askew@adss.alabama.gov

## LEE-RUSSELL AGING FOUNDATION



## 8th Annual Unforgettable Footsteps Mardi Gras Walk/Run

January 26, 2013  
At  
Opelika Municipal Park

[www.lrcog.com](http://www.lrcog.com)

Proceeds provide programs to seniors with age related issues and illness.

## 8th Annual Unforgettable Footsteps Mardi Gras Run/Walk



The Lee-Russell Aging Foundation is sponsoring the walk/run to raise funds for the provision of quality services to elderly citizens in Lee and Russell Counties. The Lee-Russell Aging Foundation was developed to work in conjunction with the Lee-Russell Council of Governments.

**With your support, you can help to reduce these alarming statistics among seniors:**

- Every 70 seconds, someone is diagnosed with Alzheimer's in the United States.
- Alzheimer's disease is the 5th leading cause of death for seniors in Alabama.
- 80% of Alabama seniors live with a chronic health condition.
- 14% of Alabama seniors live in poverty.

Every year, LRCOG provides 8,416 seniors with education, information and supportive services through this and other fundraisers.



### Walk/Run Information

#### When:

Saturday, January 26, 2013  
Registration begins at 7:30 am CST  
Fun Run at 8:00 am CST  
Walk at 8:30 am CST

#### Where:

Opelika Municipal Park (1102 Denson Drive)

#### Distance of Routes:

Choose a 1m walk or 5K run

#### Registration:

- ⇒ Registrations are \$25 and includes a t-shirt
- ⇒ On-line registration is available at [www.auburnrunning.org](http://www.auburnrunning.org)
- ⇒ No refunds
- ⇒ **Preferred t-shirt size not guaranteed after 1/18/2013**
- ⇒ Wear your favorite Mardi Gras beads/mask

**Sponsorships are Available:** For more details and benefits about each level, contact Leisa Askew at 334-749-5264 Ext. 205.

- ◇ \$800 - King
- ◇ \$600 - Queen
- ◇ \$400 - Fanny Flirt
- ◇ Supporting Sponsor—Jester—In-kind donations for door prizes and snacks.

### Unforgettable Footsteps Mardi Gras Walk/Run Registration

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

**Distance:** 1 mile walk or 5K Run

One shirt per participant (Choose Adult or child size). Additional shirts \$15 each.

#### Circle:

Adult Size: S M L XL 2XL 3XL 4XL  
Youth Size: S M L

\_\_\_\_\_ I would like to attend the walk/run and I am enclosing a check for \$25.

\_\_\_\_\_ I would like to order \_\_\_\_\_ additional t-shirts and enclosing a check for \$\_\_\_\_\_.

\_\_\_\_\_ I will not be able to attend but please accept my donation in the amount of \$\_\_\_\_\_. (All donations \$25 and above will receive a t-shirt.)

\_\_\_\_\_ In honor of \_\_\_\_\_

\_\_\_\_\_ In memory of \_\_\_\_\_

**\*\*\*Contact/Payment Information can be found on the back of the registration form.**