

Triathlon Team Members

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Blindness Awareness began with Louis Braille in 1824 when he created a 6 dot code to teach Braille and then again with Helen Keller in 1882 when she became deaf and blind. Over the years her advocating brought national recognition to the hearing and visually impaired community.

Established in 2009, in NJ, PA and DE, October is officially Blindness Awareness Month (B.A.M.). BAM provides information on the challenges blind and visually impaired people face daily. Events occur throughout the month. Participating states: CT, TN, OH, MS, LA, MO, IL, IA, WI, NE, CO, OR, MI and more pending.
Visit www.blindnessawarenessmonth.org

FACTS and STATISTICS

- *Every 5 Seconds someone in the world goes blind*
- *37 million people are blind and 124 million severely visually impaired*
- *Nearly 20.5 million Americans age 40 and older are afflicted with cataracts, which is the leading cause of blindness in the United States*
- *An estimated 18 million people diagnosed with diabetes are at risk of vision impairment and vision loss due to diabetes complications*



1 Pembroke Drive, Voorhees, NJ 08043
877-220-2500
www.blindnessawarenessmonth.org
www.tlrf.org

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Little Rock Foundation
1 Pembroke Drive
Voorhees, NJ 08043

TRIATHLON·WALK



FOR B·A·M

5K Running - Rowing - Riding Triathlon
2 and 4 Mile Walk

LEADING THE WAY TO

BLINDNESS AWARENESS MONTH

ONE STEP AT A TIME

SATURDAY
OCTOBER 1, 2011

RAIN OR SHINE



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TRIATHLON·WALK FOR B·A·M

Leading the Way to **BLINDNESS AWARENESS MONTH**, One Step at a Time

WHEN: Saturday, October 1, 2011

WHERE: YMCA Camp Matollionequay
 1303 Stokes Road, Medford, NJ

TRIATHLON: Two Person Team Event

Length: 5K Run - Ride - Row

Registration Fee:

Adults \$50.00 pp (Pre-Registration)
 Adults \$ 60.00 pp (Day of Event)
 Children \$25.00 (Under age 16)

Start Time: 9:30am

Registration Opens: 8:30am

- Single Track Trail for Bikers
- Lunch provided for all Triathlon Participants

WALK:

Length: 2 Mile Walk or 4 Mile Walk

Registration Fee

Adults: \$10.00
 Children: \$5.00

Start Time: 10am

Registration Opens: 9am

- Price of Lunch \$5.00 per person

AMENITIES

- Welcome Bag
- Fresh Fruit Served
- DJ Entertainment

PRIZES INCLUDE:

- Triathlon – First Place – Men
- Triathlon – First Place – Women
- Triathlon – First Place - Age 16 and Under Group
- Walker – First Place 2Mile
- Walker – First Place 4 Mile
- Largest Team Participation (individuals/groups raising the most pledges)

CORPORATE SPONSORSHIP

\$500.00

- Logo on T-Shirt
- Signage throughout event

Please email logo in pdf file to

Debbie Nichols at dnichols@tlrf.org.

For further information call 856-629-9223



PLEDGE

Name: _____

Name	Pledged Amount
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____
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14. _____	_____
15. _____	_____
16. _____	_____
17. _____	_____
18. _____	_____
19. _____	_____
20. _____	_____

Total Raised _____

Make Checks Payable to: Little Rock Foundation

Please collect all donations in advance and bring them to the WALK in an envelope with your name. Walkers are encouraged to convert any cash received into a check.

WALK Registration FORM:

Name: _____

Team Name: _____

Address: _____

City _____ State _____ Zip _____

Email: _____

Phone: _____

I cannot attend, but please accept my enclosed donation \$ _____

Credit Card Donation:

American Express, Visa, Master Card (Circle One)

Number: _____

Expiration Date: _____

Form a TEAM: Bring awareness to friends and family about Blindness Awareness. Name your team and invite friends and relatives to register. Collect donations on behalf of



and make checks payable to:
Little Rock Foundation

 Signature of Participant/parent/legal guardian

 Date

LRF is a tax exempt charitable organization under the 501 c(3) Internal Revenue Code