

Pick Up the Pace. . . Beat ALS

2017 Norfolk & Columbus Area Walk

Sunday, September 24, 2017

- **Event Location:**
Skyview Lake in Norfolk
1900 West Maple Avenue
- Registration Starts @ 1:00pm
- Walk Starts @ 2:00pm
- Giveaways
- Refreshments
- Walk Routes are Handicapped-Accessible & Pet-Friendly



**Start recruiting walkers & supporters
for your team now.**

Use the form on the back of this flyer
or print one out at
www.alsintheheartland.org

Questions? Please call 402-592-2374
or stop by the **ALS in the Heartland** office at
1320 S. 119th St, Omaha, NE 68144

**ALS in the Heartland is not affiliated with a national association;
100% of funds raised by us solely and immediately benefit
Nebraskans and western Iowans as they live with ALS.**



Support for Today. Hope for the Future.



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Sunday, September 24, 2017
Skyview Lake – 1900 West Maple Ave – Norfolk

*Registration Starts @ 1:00 PM, Walk Starts @ 2:00 PM
Walk Routes are Handicapped-Accessible & Pet-Friendly*

Participant's Name: _____ Team Name: _____

Mailing Address: _____

City: _____ State: _____ Zip: _____

Telephone: _____ Email Address: _____

*Cash, Credit Card info, or Checks payable to **ALS in the Heartland** can be turned in at registration.
DON'T FORGET YOU CAN SPONSOR YOURSELF! **THANK YOU FOR YOUR SUPPORT!***

SPONSOR NAME	ADDRESS (Needed for tax receipts.)	DONATION

Can't attend, but still want to make a donation?

Visit **www.alsintheheartland.org** (& designate your gift in honor of *Norfolk Walk*),
call us at 402-592-2374,
or mail checks to **ALS in the Heartland**, 1320 S. 119th St., Omaha, NE 68144.