



**What is your connection to Spina Bifida?**

- I am living with Spina Bifida
- Family member or friend with Spina Bifida
- I am a professional working with SBACO
- Other \_\_\_\_\_

**I'm interested in:**

- Learning more about Spina Bifida
- Assisting with Walk-N-Roll planning/sponsorship
- Volunteering on Walk-N-Roll day
- Volunteering for other SBACO programs/events

**Each participant must read and sign below:**

The undersigned agrees to indemnify and hold harmless the Spina Bifida Association of Colorado (SBACO) from all costs, expense, and liability arising out of my or my child's participation in this event to benefit SBACO. I do hereby waive all claims for damage or loss to me or my child's person or property which may be caused by an act, or failure to act, by SBACO, its officers, agents or employers arising directly or indirectly from my or my child's participation in this event. I grant full permission for SBACO to use photos, videos, film or any other record of this event in which I may appear for legitimate purpose. Participants under 18 must have this form signed by a parent or guardian.

\_\_\_\_\_  
 Signature of Participant and Date  
 (Parent/Guardian if under 18)

**Please send this form to:**

**SBACO Walk-N-Roll**  
**Attn: Elizabeth A. Starrs**  
**707 17th Street, Suite 2600**  
**Denver, CO 80202**

**Fax: 303-592-5910**  
**Web: [www.coloradospinabifida.org](http://www.coloradospinabifida.org)**  
**Email: [hvignola@starrslaw.com](mailto:hvignola@starrslaw.com)**



707 17th Street, Suite 2600  
 Denver, CO 80202  
[www.coloradospinabifida.org](http://www.coloradospinabifida.org)



# Denver, Colorado

Sunday, May 9, 2010

Registration opens: 8:00 am

5K Run: 8:30 am

5K and 1 Mile Family Walk kick-off: 9:00 am

Washington Park

Mississippi/Franklin Parking Lot

[www.coloradospinabifida.org](http://www.coloradospinabifida.org)





### What is the Walk-N-Roll?

The Walk-N-Roll for Spina Bifida is a family-friendly, walk event being held in various locations across the country to raise awareness about Spina Bifida and celebrate the accomplishments of the over 180,000 Americans living with it. All proceeds are used for programs and services for people living with Spina Bifida.

### What is Spina Bifida?

Spina Bifida is the most commonly occurring complex birth defect in this country affecting over 180,000 individuals. It occurs when the spine of the baby fails to close during the first month of pregnancy, leaving a permanent opening in the spinal column. Those who are born with Spina Bifida must learn to live with conditions such as hydrocephalus (fluid on the brain), full or partial paralysis, bladder and bowel complications, learning disabilities, depression, and deadly latex allergy as well as social issues.

There is **no known cause** of Spina Bifida, and each of the 65 million women of childbearing age in this country is at risk for an affected pregnancy. It is estimated that up to 70 percent of birth defects like Spina Bifida can be prevented with a daily dose of 400 micrograms of folic acid prior to pregnancy. It is vital that every woman of childbearing age receive this message, and by participating in the Walk-N-Roll for Spina Bifida, you can help!



### Supporting the thousands of individuals in our area who live with Spina Bifida is easy!

- Register for the Walk-N-Roll SBACO by either using this registration form or visiting us online at [www.firstgiving.com/walknrollco](http://www.firstgiving.com/walknrollco) or [www.coloradospinabifida.org](http://www.coloradospinabifida.org).
- Consider forming a team with your friends, family, and coworkers.
- Set an aggressive fundraising goal (we suggest \$200 minimum) and ask family, friends, and colleagues to support you by joining your team or making a donation to your efforts.
- Send emails to everyone in your address book and write a letter to those without email, sharing your reasons for participating.
- Turn in all monies collected prior to the Walk, or bring with you on Walk day. Please convert all cash to a check or a money order.
- Walk with your family, friends, and colleagues – and feel great knowing you are supporting those with Spina Bifida in the Denver metropolitan area and across Colorado.
- Celebrate a job well done and thank all of your donors for their support!

The Spina Bifida Association of Colorado (SBACO) is an organization dedicated to promoting the prevention of Spina Bifida and to enhancing the lives of all affected. This organization serves individuals with Spina Bifida and their families in Colorado.

### Join the fun! With your help, a better tomorrow is in sight today.

Yes! I'm ready to have fun, change lives, and celebrate those living with Spina Bifida!

#### Please register me as:

- Team Captain (name listed below)
- Member of an existing team (name listed below)
- 5K Runner
- Individual Walker (5K)
- Individual Walker (1 mile Family Walk)
- Virtual Walker (fundraising only)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_

Zip: \_\_\_\_\_

Telephone number: \_\_\_\_\_

Email: \_\_\_\_\_

Team Name: \_\_\_\_\_

Team Captain: \_\_\_\_\_

Walking in Honor or Memory of: \_\_\_\_\_

#### Please include your check or money order to SBACO with your registration.

- Children Under 12: \$12 X \_\_\_\_\_  
(\$15 day of event)
- Parent walking with child(ren): \$15 X \_\_\_\_\_  
(\$20 day of event)
- Individual Walker: \$20 X \_\_\_\_\_  
(\$25 day of event)
- Senior over 60: \$12 X \_\_\_\_\_  
(\$15 day of event)