

## Join Us!

Join us for a 2K or 5K walk - stroll - and roll followed by food, entertainment, wheelchair sports demonstrations, and much more. Sign-up as a participant - start a team - volunteer - or become a sponsor!

**Sunday May 19, 2013**  
NTC Park @ Liberty Stations  
**REGISTER TODAY!**



## Schedule of Events

8:30	Registration Sports Demo's Vendor Fair
9:00	Opening Ceremonies
9:30	5K/2K
11:00	Closing Ceremonies

## The Beneficiaries

The San Diego Adaptive Sports Foundation (SDASF) mission is to improve the quality of life for children and adults with physical disabilities through sports and recreation. SDASF offers adaptive sport opportunities, such as competitive and recreational team sports for athletes with physical disabilities in San Diego County, including Jr. Wheelchair Sports Camp, Injured Services Members Programs and more.



San Diego Adaptive Sports Foundation (SDASF)  
P.O. Box 153792  
San Diego, CA 92195  
619-336-1806  
www.sdasf.org



HeadNorth is a local nonprofit that provides HELP & HOPE for spinal cord injury survivors through programs, resources, peer support and financial assistance. Our mission is to provide essential support and guidance to individuals and families affected by a spinal cord injury, while championing a cure for paralysis.

HeadNorth  
5333 Mission Center Rd, Suite 115  
San Diego, CA 92108  
619-814-1236  
www.headnorth.org

## Stroll & Roll

**2K & 5K**

Walk - Run - Stroll - Roll  
May 19, 2013  
NTC Park @ Liberty Station



Be Active. Get Involved.

[www.strollandroll.kintera.org](http://www.strollandroll.kintera.org)



## The Event

This year's event has many new fun additions including a **5K** walk - run - stroll - and roll and a **new sponsor expo** area for you to browse. Join community friends and supporters at the event and enjoy the music, entertainment, wheelchair sports demonstrations and food all while raising funds for two local non-profits providing programs and services to individuals in San Diego with a disability.

## NEW THIS YEAR!

### 5K

That's right, this year's event will host a 5K in addition to the 2K!

### Sponsor Expo

Sponsor booth areas will be easier to access and much bigger this year in our new Sponsor Expo area. Come visit tents and booths, pick up free give-aways and enjoy all kinds of interactive displays and sports demos.

### Wheelchair Sports Demonstrations

You're invited to try a wheelchair obstacle course or test your skills at wheelchair basketball and don't forget to check out demonstrations of other wheelchair sports!

## Registration

Registration is easy and online. Visit [www.strollandroll.kintera.org](http://www.strollandroll.kintera.org) to register and set up your own free personalized fundraising page. Use this page to send emails to friends and family who might want to contribute to your fundraising efforts.



[www.strollandroll.kintera.org](http://www.strollandroll.kintera.org)

## REGISTRATION COSTS

\$10	2K Individual Stroll & Roll Entry
\$20	2K Family Stroll & Roll Entry (up to 5 immediate family members)
\$25	5K Individual Stroll & Roll Entry

**All participants who raise \$50 or more will receive a Stroll & Roll event t-shirt. Check the website for fundraising incentives and prizes!**

All monies raised will directly support both SDASF and HeadNorth programs devoted to improving the lives of individuals with physical injuries, illnesses and disease.

## Fundraising

**Fundraising is very important!** Event participants raise almost 70% of the income generated for programs and services by Stroll and Roll for its beneficiaries. **We ask everyone to register and help with fundraising as much as you can.** 100% of the funds raised at Stroll and Roll stay local and provide resources for individuals with physical disabilities. Below are a few quick tips on how you can raise funds from your participation. Have fun and thank you for being active and getting involved!

## FUNDRAISING TIPS

**KNOW YOUR REASON** Identify your reason for participating and share it with everyone asking for their support.

**SET A GOAL:** Set a fundraising goal. As you make progress, update your supporters along the way.

**TELL EVERYONE:** Spread the word on Facebook and Twitter and invite people to donate to your personal page.

**DO SOMETHING DIFFERENT:** Host a fundraising event of your own to get donations, bake sales, happy hours, birthday parties are all great ways to raise money!