

Get in the Spirit

Team up with family, friends, neighbours and coworkers to create your own customized **Spirit Wheel Walk Run (SWWR)** event.

There are no rules.

Your team can be as big or as small as you like. You can take your dog for a walk or turn it into a huge community event at a nearby park or on a local street.

Select any day during the month of June, **Spina Bifida and Hydrocephalus Awareness Month**, and wheel, walk or run a distance that works for your team. Five blocks or five kilometers ...

It's all about you!



"This was the third year we have taken part in the Spirit Wheel Walk Run. June is a special but emotional month for me.

Our daughter

was born in June and she is living with spina bifida and hydrocephalus, so our family and friends get together and raise awareness. This year we walked at the waterfront, and Emily was very excited to have a few of her friends from school join us. Thank you SB&H for always being there with good advice!"

~ Janice Beauchamp, Emily's mom

Need Help?

If you have any questions or would like help with your event, from planning and fundraising to gaining media attention and community support, send us an email or give us a call.

You can also visit www.sbhao.on.ca for more information, registration and pledge forms, and helpful tip sheets.

We can also supply you with bookmarks and brochures about spina bifida and hydrocephalus for people in your community, as well as 6-foot vinyl banners featuring our logo and the words spina bifida and hydrocephalus.



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Charitable Registration # 10799 9310 RR0001

4th Annual Spirit Wheel Walk Run



Help us raise much needed funds in support of everyone with spina bifida and/or hydrocephalus

Wheel Walk Run in Your Community this June

Special Thanks To Our Sponsor



ISO 13485 Certified

About the Event

Join SB&H in the fight to improve the quality of life for all individuals affected by spina bifida and/or hydrocephalus, and to one day find a cure.

Last year, 18 communities across Ontario organized **Spirit Wheel Walk Run (SWWR)** events, raising over \$35,000 in support of SB&H!

This year, our goal is to have even more events in even more communities across the province during **Spina Bifida and Hydrocephalus Awareness Month**. In June, help us celebrate the **4th Annual SWWR** by organizing an event in your community!

Each **SWWR**, large or small, leaves its own unique mark on the community, no matter where you live. Every dollar raised helps us help others—something we could not do without you.



Last year, seven-month-old Nickolas' family and friends hosted their first Spirit Wheel Walk Run, raising over \$2,800 in support of our efforts. Proud mother Amanda Ridding explains: "This was the perfect opportunity to help. I was most excited about being able to put a face to spina bifida. I wanted to show people how wonderful it is to have Nickolas and how proud I am to be his mom."



In 2010, Saffron Cote's parents hosted "Saffi's Walk" and raised over \$5,000 in support of SB&H, which has been a great help to them since their daughter was born with spina bifida and hydrocephalus in 2006. Sonia Cote says she hopes the event will inspire more awareness about her daughter's condition and help people realize it's OK to talk about her walker or why she wears braces on her legs.

Please Join Us

This fun, family-friendly event continues to grow each year as individuals just like you are motivated to help build awareness and raise funds in support of programs, care, research and advocacy.

When you participate in a **SWWR**, you will be sure to feel a sense of excitement and satisfaction knowing you are contributing to a worthwhile cause that makes a difference in the lives of others.

Together, we can make 2011 the most successful SWWR event season yet!

As Easy as 1-2-3

1

Register

Register your team. Registration forms are available online at www.sbhao.on.ca
Register early to receive a Spirit T-shirt and loot bag.

2

Raise Pledges

Start early. The sooner you begin, the more you can raise. For pledge forms and great ideas on how to generate support for your **SWWR**, call us or visit www.sbhao.on.ca
We can also take donations online or by phone.

3

Wheel Walk Run



"We raised over \$1,400 this time around for Jake's Journey thanks to the generous support of my friends, family, bloggers and a bunch of fantastic donations from my favourite authors. Most importantly we got the word out and brought attention to the challenges faced by those living with spina bifida and hydrocephalus."

~ Jennifer Rayment, Jake's mom