

**The Walk to End ALS** is the largest volunteer-led fundraiser for ALS across the country. The Walk to End ALS is about communities coming together to raise funds and channel hope for a future without Amyotrophic Lateral Sclerosis (ALS). ALS is a rapid, always fatal neurodegenerative disease. It attacks the nerves of the body that are responsible for sending messages to the brain. This results in weakness and wasting, and eventually an inability to swallow or breathe.



**2,500-3,000**  
people are living with ALS in Canada



**2-5 YEARS**  
average life expectancy after diagnosis



**5-10%**  
of cases are familial (inherited through mutated gene)



**90%+**  
sporadic cases (unknown cause)



**150,000 - 250,000**  
Cost to average family over the course of the disease



In Canada 2-3 people are diagnosed with ALS every day



there is no cure

**The ALS Society of Alberta's** mission is to make each day the best possible day for people living with and affected by ALS. We achieve this by providing support, facilitating the provision of care, promoting awareness, helping find a cure and advocating for change.

**60%** of funds raised at the Walks are allocated to client support services in Alberta. This includes the equipment loan program, support groups, home visits, referrals and support for children through the Support for Champions program.

The remaining **40%** supports ongoing ALS research across Canada through the National Research Program.



**Our Ambassador: Belle DeZutter**

I am honoured and humbled to be chosen as the ambassador for the Walk To End ALS and to be able to share with ALS Journey, with you.

My journey began in July of 2017, that's when I realized that after many frequent falls, weakness in both my arms and legs that it was time to see my doctor. After all the testing that is required for a diagnosis of ALS, the day had finally come, on March 9th, 2018. I was relieved to finally get the diagnosis of ALS, a diagnosis that I had known in the back of my mind all along.

Well now I was ready to start this new chapter in my life, I was determined to live my remaining years filled with positivity and resilience.

My first step was reaching out for help from the ALS Society of Alberta. They made me feel special and gave me confidence that I didn't need to worry about any challenges there were in front of me because they would be there. They were just a phone call away.

Our coffee group meetings once a month are a great way to let our hair down and to meet other people with ALS. Now that COVID-19 is here we have had to go on ZOOM for our meetings and it's been a different experience for all of us to navigate with our computers. But we're all ALS soldiers and like soldiers do, we adapt to circumstances that are put in front of us.

This year let's all get out there virtually and raise awareness as we Walk To End ALS! As a village we can do this and not one more person will hear those terrifying words "ALS".

**Walk to End ALS**

For More Information Please Contact

**Meaghan McCarthy**

Coordinator, Development & Communications

ALS Society of Alberta

780-975-9375 | Meaghan@alsab.ca

ALS Society of Alberta

5418 97 Street NW

Edmonton, AB T6E 5C1

Charitable Registration Number:

12063 0827 RR0001



@ALSAlberta



@ALS\_AB



@ALSAlberta



**VIRTUAL**  
**EDMONTON**  
**WALK TO END ALS**

**June 13, 2021**

**Kick-off: 10 a.m.**

**REGISTER AT WALKTOEND.ALSAB.CA**



**The ALS Society of Alberta**



www.WalktoEndALS.ca

Please print clearly. If we can't read it, we can't receipt it.



# 2021 PLEDGE FORM

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

WALK Location: \_\_\_\_\_

Team Name/Captain: \_\_\_\_\_

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

City/Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

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

Tel: \_\_\_\_\_ Bus: \_\_\_\_\_

I am walking in honour of:

My fundraising goal is:

\$ \_\_\_\_\_

Please do not include any online donations on this form.

- Receipts will be issued for all donations of \$25 or more
- Please photocopy this form if you need extra copies
- Ensure cheques are payable to ALS Society of Alberta
- Collect the money when the donor contributes
- Charitable Registration #12063 0827 RR0001
- If you are depositing your money at the bank, you must bring this stamped pledge form and the deposit slip to the WALK and hand it in, or mail to:

5418 97 St NW  
Edmonton, AB T6E 5C1

Donor Name	Donor Mailing Address # Street, Rural Route, City, Province	Postal Code	Telephone/Email	Amount Received	Cheque	Cash	Receipt Requested
			T				
			E				
			T				
			E				
			T				
			E				
			T				
			E				
			T				
			E				
			T				
			E				
			T				
			E				
			T				
			E				
			T				
			E				

### WAIVER MUST BE SIGNED BY WALKER

The Participant:

1. Hereby releases, waives and discharges and agrees to hold harmless and indemnify ALS Canada and the ALS Society of Alberta and each of its Corporate or individual Sponsors, as well as their subsidiaries and all associated, affiliated and related entities, successors, assigns, licensees, and their respective officers, directors, shareholders, agents and employees for or in relation to any claims or demands for any loss or damage by virtue of any injury to the person or damage to property suffered or sustained by the Participant arising out of or related in any way to the Walk to End ALS, whether caused by negligence of otherwise.
2. Hereby grants to ALS Canada and the ALS Society of Alberta the full rights and permission to copyright and/or use, publish, and republish, video and still photographic material of the Participant in the Walk to End ALS in which the Participant may be included in whole or in part, in colour or in black and white, including the use of any electronic version in conjunction with such videos.

I HAVE READ THIS RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT, FULLY UNDERSTAND ITS TERMS, AND HAVE SIGNED IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT, ASSURANCE OR GUARANTEE BEING MADE TO ME AND INTEND MY SIGNATURE TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW.

BANK DEPOSIT STAMP and ATTACH SLIP

ACCOUNT #: ATB 07909 1160192-24

TOTAL CHEQUES: \_\_\_\_\_

TOTAL CASH: \_\_\_\_\_

TOTAL DEPOSIT: \_\_\_\_\_

VERIFIED BY: \_\_\_\_\_

Signature of participant

Parent/Guardian if under 18 years of age

Date

The ALS Society of Alberta is hoping to raise an estimated \$366,600 at an expense of \$25,995 to support our programs, services and research. For more information, Contact Marie at 1-888-309-1111.