

Since 1995, **SpiritWalk - Walk for Native Health** has provided an opportunity for Native people and organizations to come together to build and promote strong, healthy Native communities. This year's event will be held at the United Indians of All Tribes Daybreak Star Cultural Center where participants will enjoy a walk/run course on the beautiful grounds and trails of Discovery Park.

Immediately after the 5k walk/run, all are welcome to a picnic where SIHB will announce the prize winners to individuals and teams who raise the most money.

All of the funds raised at this year's SpiritWalk event will be put toward the renovation of Seattle Indian Health Board's Leschi Center building, which will include upgraded medical rooms for patients, a new space for Elders, a community space for cultural events and ceremonies, and 100 units of low income housing for families and individuals who are struggling with homelessness and rising housing prices.

We look forward to seeing you there. If you can't make it, you can donate to individuals or teams here.



Getting Started

STEP 1: Register

Registration is \$20 per walker. To register:

- 1) Visit our website at www.sihb.org/spiritwalk/ to register online, or
- 2) Fill out the attached registration and bring to the event with your registration fee. (Shirt sizes may be limited for participants registering at the event.)

STEP 2: Collect pledges from family & friends.

Ask family & friends to support you by pledging donations for your walk efforts. Pledges can be turned in at the registration table on the event day.

STEP 3: Walk!

Check in the morning of the walk for team picture-taking and a brief stretch period. After the walk, enjoy an afternoon of Native entertainment, health screenings and information, gifts and prizes.

SpiritWalk Prizes

- Most money raised by an individual
- Most money raised by a team
- Largest walk team



Seattle Indian Health Board
For the Love of Native People



SpiritWalk

Walk for Native Health!



Saturday, October 6, 2018

11:00 a.m. to 2:00 p.m.

Daybreak Star Cultural Center
3801 Bernie Whitebear Way, Seattle WA

www.sihb.org/spiritwalk

SpiritWalk Pledge Form

Please have donors fill out their information (below). All donations collected will be verified.

I understand that my donation will support _____ participating in
(Name of registered walker)

Seattle Indian Health Board's SpiritWalk fundraising event. By providing the following information, I understand that my donation will be delivered to the Seattle Indian Health Board.

	<u>Name</u>	<u>Amount Collected</u>	<u>Phone and/or Email</u> (required)
1	_____	_____	_____
2	_____	_____	_____
3	_____	_____	_____
4	_____	_____	_____
5	_____	_____	_____
6	_____	_____	_____
7	_____	_____	_____
8	_____	_____	_____
9	_____	_____	_____
10	_____	_____	_____

I have not collected walk pledges. Instead, I am donating \$_____ (minimum \$20/walker).

All donations are tax deductible. Please turn in your collected donations at the event.



Seattle Indian Health Board
For the Love of Native People

Walker Registration Form

Complete this section and bring it to the event.

(Please print)

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Email: _____

Shirt Size: Small Medium
 Large X-Large 2XL

Walk Team Registration

Team captain: _____

Email: _____

Team member names: _____

Shirt Sizes: _____

Each registered walker raising \$20 or more will receive an event shirt. Additional shirts will be available for purchase (\$20).