



BRAIN INJURY RESOURCE CENTER of Wisconsin

Walk-Roll-Run for Brain Injury

Saturday, Sept 16, 2017

Cutler Park, Waukesha, WI

Begins at 8:00 am and concludes at 12:00 noon

*Then join us for the Bethany Rieth Memorial Garden
Dedication at the BIRCoFWI Offices
(511 N. Grand Ave, Waukesha – just southeast of
Cutler Park) 2:00 pm – 3:00 pm*



Walk-Roll-Run for Brain Injury

Presented by Brain Injury Resource Center of Wisconsin will include:

- ✓ Local Businesses/Vendors
- ✓ Wisconsin Brain Injury Artists and their creations
 - ✓ Food and Beverage Sales
 - ✓ Silent Auction Items
- ✓ Education and Awareness Interactive Stations
 - (Feel what is like to sustain a concussion)
 - (Feel what it is like to live with double vision)
- ✓ FUN for the whole family

Event organizer is Lois M. York-Lewis, Executive Director, and Co-Founder

Contact Information: lois@bircofwi.org or 262-232-8887

Mailing address 511 North Grand Ave, Waukesha, WI 53186-4916

Walk-Roll-Run for Brain Injury Participation Details

Why should you support our organization and this event?

The Brain Injury Resource Center of Wisconsin (a registered 501C3 public charity) strives to connect people with useful, accurate information and resources in their area. If you, a family member, an employee, a neighbor, or a friend struggle with the effects of a brain injury just know that there is help.

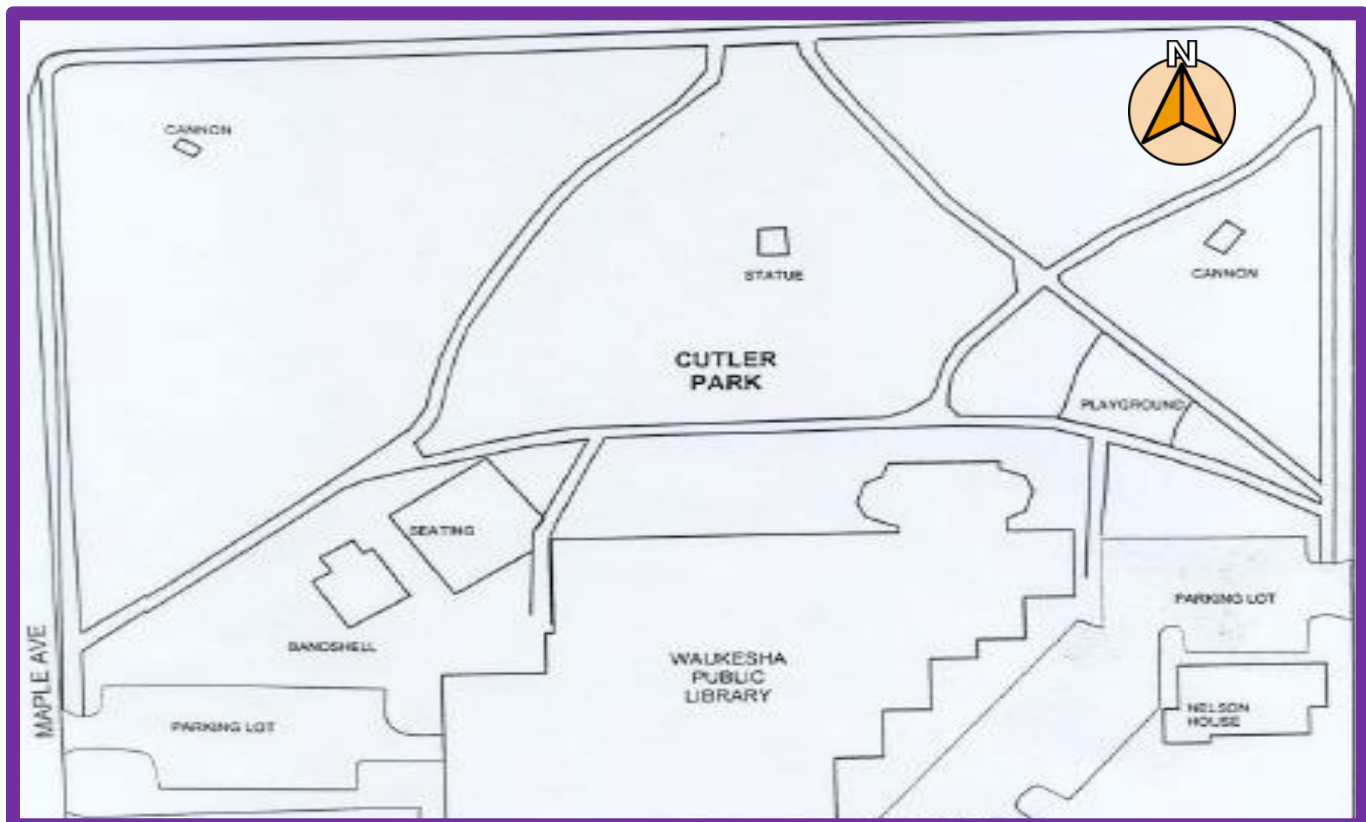
Our volunteer staff of brain injury experts can provide useful information about programs, support groups, and connect you with services that could be helpful to you.

Brain injury can be complex and overwhelming, but we are here to help. Understand that recovery after a brain injury is a journey and no one should have to go it alone.

How long it takes to go the distance depends on your health and what you are carrying with you. For example: walk slowly = 20-25 mins per mile / walk briskly = 17-20 mins per mile / walk fast = 13-17 mins per mile / jog = 19 – 13 mins per mile / run = 5-9 mins per mile

Remember: The average person will have a slower overall speed as distance is increased. If you add weight such as a backpack, you can expect a significantly slower speed. If you're unsure of your fitness level, try a short and easy walk first – it's much better to find a walk a little too easy than to make yourself miserable and exhausted!

Cutler Park 321 Wisconsin Avenue **Waukesha**, WI 53186



Note: Cutler Park is the oldest park in Waukesha. In essence, it serves as a yard for the Waukesha Public Library and features some playground equipment, sidewalks, and even some Indian burial mounds. Another feature is the Les Paul Performance Center.



**BRAIN INJURY
RESOURCE
CENTER** of Wisconsin

Walk-Roll-and-Run 2017 Registration Form
This is a Rain or Shine Event

Register online at <http://www.bircofwi.org/walk-roll-run-for-brain-injury-.html> or fill out and return the registration form below to BIRCoFWI, 511 North Grand Ave, Waukesha, WI 53186-4916

Event Begins at 8:00 am and Concludes at 12:00 noon

There is no fee to participate, but sponsors are encouraged

Note: Each Participant Must Complete a Registration Slip to be eligible for participant only drawings!

First Name	
Last Name	
Mailing Address	
City, State, Zip	
Phone (with area code)	
Email Address	
Complete =>	<input type="checkbox"/> BI Survivor <input type="checkbox"/> Family Member <input type="checkbox"/> Other <input type="checkbox"/> Send BIRCoFWI Information

WAIVER: I hereby waive all claims against the BIRCoFWI participation site hosts and sponsors, or personnel and volunteers, for any injury that I may suffer due to my participation in this event. I grant full permission for organizers to use photographs, videotapes, recordings, or any other record of this event in which I may appear for any legitimate reason.

Participants Signature (Parent or Legal Guardian must sign if participant is under 18):
