

How You Can Participate!

Register to Walk:

Use the registration in this brochure and send it to ABWA Community Service Chair, Yomi Ajaiyeoba at aajaiyeoba@aol.com or Traci Wilkes Smith at traciwilkes@yahoo.com.

OR

Go to www.firstgiving.com/ABWA to get started in registering for the walk or make a donation.

Create Fundraising Page:

Go to www.firstgiving.com/ABWA and create a personal page online to raise money for clotting disorders. Don't forget to link to your facebook page.

Form a Walk Team:

Recruit friends, family members and business associates to form a Walk Team. Your team can be formed in memory or in honor of someone, or in the name of a family or business. Register your team by going to www.firstgiving.com/ABWA and complete all information for your team and each team member. Each team member should set up his/her own fundraising page in the name of the team. Team members can encourage their families, friends, neighbors and business associates to donate online, by sharing his/her fundraising page.

Donate to NATT:

You can make a donation online at www.firstgiving.com/ABWA to support one of the NATThletes!



The National Alliance for
Thrombosis & Thrombophilia
120 White Plains Road, Suite 100
Tarrytown, NY 10591
877-4-NO-CLOT www.StopTheClot.org

Become a NATThlete!

Help Us Stop The Clot®!

Our NATThlete program is designed to unite athletes, couch potatoes and everyone in-between to raise funds and spread awareness! When you exercise, you minimize your risk of venous blood clots, and you can maximize any sports event by raising money to stop clots in others.

NATT is grateful to the Association of Black Women Attorneys and to Georgia for their partnership and efforts to Stop The Clot®!

association of black women attorneys

Building Relationships and Empowering Our Community

www.abwanewyork.org

GEORGIA

www.georgiany.com



NATIONAL ALLIANCE FOR
THROMBOSIS & THROMBOPHILIA

Stop The Clot®

Become a NATThlete!

Help Us Stop The Clot®!

Join the
Association of Black
Women Attorneys (ABWA)
for a **5K Walk** to Support
Blood Clot Awareness Month



Saturday, March 20, 2010
Prospect Park ● Brooklyn, NY

Check in begins at 10:00 am
5K /3.2 Mile Walk at 11:00 am

Thursday, March 25, 2010
Georgia Boutique ● Soho, NY
6:00 - 9:00 PM
Celebration & Awareness Reception

Why You Should Participate in the Stop The Clot® 5K Walk:

- ✓ Approximately 350,000 - 600,000 people get blood clots in the leg or lung
- ✓ A pulmonary embolism is a serious medical condition that each year kills at least 100,000 Americans
- ✓ This means that almost 1 out of 3 people with venous blood clots die
- ✓ Most of these lives can be saved if more patients and health care professionals know about the risks, symptoms and treatment
- ✓ African Americans are at higher risk to develop blood clots than other communities

Watch for these DVT (leg clot) symptoms:

- ✓ Swelling, usually in one leg
- ✓ Leg pain or tenderness
- ✓ Reddish or bluish skin discoloration
- ✓ Leg warm to touch

Watch for these PE (lung clot) symptoms:

- ✓ Sudden shortness of breath
- ✓ Chest pain-sharp, stabbing; may get worse with deep breath
- ✓ Rapid heart rate
- ✓ Unexplained cough, sometimes with bloody mucus

If you experience symptoms seek medical attention immediately!



The National Alliance for Thrombosis & Thrombophilia (NATT) is a patient led advocacy group formed as a non-profit organization in 2004. Our mission is to prevent, diagnose and treat thrombosis and thrombophilia through research, education, support and advocacy.

Make sure that you and your team let people know that their donations will be used for education and public awareness about the risks of blood clots and clotting disorders. Our EIN Number is 56-2425135.

Together, We Can Make a Difference!

Walk Information at a Glance:

- ✓ A 5K walk or 3.2 mile walk around Prospect Park
- ✓ Starting point at Prospect Park, Bartel Pritchard Square Entrance, Prospect Park West and 15th Street, Brooklyn, NY 11215
- ✓ Check in at 10:00 am; Walk at 11 am
- ✓ Register by March 10, 2010 and receive a special Stop The Clot® singlet! A limited number of singlets will be available on-site.
- ✓ For directions to Prospect Park please visit www.prospectpark.org

A Personal Fundraising Plan:

- ✓ Sponsor yourself for \$25 or more
- ✓ Ask 3 family members to donate \$15
- ✓ Ask 4 neighbors to donate \$20 or more
- ✓ Ask 4 friends to donate \$25 or more
- ✓ Ask 5 co-workers to donate \$30 or more
- ✓ **The minimum you've raised = \$400!**

Registration Form

Please Print Clearly. One per participant.

- Saturday, March 20th 5K Walk
- Thursday, March 25th Awareness Reception

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

E-Mail: _____

Runner Walker Male Female 12 & Under

Team Name: _____ T-Shirt Size: _____ (for 5K)

WAIVER:

I hereby acknowledge that I am physically able to participate in this National Alliance for Thrombosis & Thrombophilia event. I waive any and all claims arising out of the event which I might assert against families of NATT, their directors and volunteers.

Signature

