



## Stay Inspired, Stay Involved

Now that you've experienced the magic of **Light The Night**, there are many ways to continue your support. By participating in one or several of these initiatives, you will join in the fight to remain **RELENTLESS FOR A CURE** throughout the year.



### Join us, as we are already planning Light The Night 2010!

**Light The Night** is an ideal way for organizations to give back to the community, to reinforce a positive image and most importantly, to give employees an outlet to support cancer research and patient services.

- **Get Your Company More Involved** - Did your corporate team walk this year? Gain added exposure in 2010 by also sponsoring the walk. Contact us to learn more about exciting partnership opportunities.
- **Provide Us With Your Contacts** - Do you have friends and family members who work with an organization who may be interested in sponsoring or forming a Light The Night team?

The more in-kind items and services we receive, the more money can be dedicated to our mission for a cure. Contact us for more details to underwrite the cost of a walk area of your choice.

- **Donate Food and Beverages** - Do you know of any food vendors, restaurants or grocery stores willing to donate food or gift certificates? Snack bars, individually-wrapped snacks, fruit, bottled water, energy drinks and soda are needed for Light The Night's 2010 food tents.
- **Secure Event Space & Catering** - Do you know a company willing to donate event space for our Kickoff and Awards Party? How about a caterer willing to donate his/her talents for one of our events free of charge or at a discounted rate?
- **Defray Printing Costs** - Do you know of someone willing to donate printing services for our various invitations, programs, walker information brochures and other important publications?
- **Collect Prizes** - Can you or someone you know provide unique prizes to be raffled off or featured in our silent auctions? Gift certificates to area restaurants, spas, resorts & hotels, flights, signed sports memorabilia, theater tickets, sporting event tickets and other unique experiences are always popular items.

Light The Night's mission is also to spread awareness, and the easiest way to do so is to grow the number of walk participants and to create a positive buzz in the community.

- **Utilize Your Media Contacts** - Do you know anyone who works for a local or national publication, radio or television station and would feature LLS and Light The Night 2010?
- **Spread The Word** - Do you have a connection to any local social groups or organizations who would volunteer their time to assist Light The Night staff with in-house projects like mailings, telephone recruitment and other pre-event preparation? Share memories and pictures from your walk experience with anyone who will listen.



Interested in finding out more?

East Bay & San Francisco - Contact Emily Fullenwider O'Brien at (415)625-1145 or [Emily.Fullenwider@LLS.org](mailto:Emily.Fullenwider@LLS.org)  
 North Bay—Contact Tiffany O'Neil at (707) 303-4800 or [Tiffany.O'Neil@LLS.org](mailto:Tiffany.O'Neil@LLS.org)



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The Leukemia & Lymphoma Society's (LLS) Greater San Francisco Bay Area Chapter has a lot more to offer you. Check out the upcoming ways to continue to volunteer with LLS.

### Team In Training

**Team In Training (TNT)** is the nation's longest running and most successful endurance training program. Through TNT, participants of all athletic levels received support to achieve their ultimate goal of running or walking a full or half marathon, cycling a 100-mile course, completing a triathlon, participating in a cross-country ski event or hiking adventure. Participants raise money to help patients and find a cure for leukemia, lymphoma and myeloma.

- Teams are forming now! For more information or to attend an upcoming information session visit: [www.teamintraining.org/sf](http://www.teamintraining.org/sf).



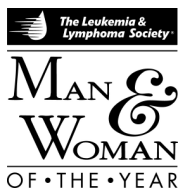
### Pennies for Patients

Through the **Pennies for Patients** program, students collect spare change in their classrooms to help save the lives of other children and adults. It is an opportunity to participate in a unique service learning program. Students learn about philanthropy, blood cancers and the difference their spare change can make. LLS supplies the schools with materials and a curriculum and the top fundraising classroom at each school earns a pizza party as well as other great prizes. For more information, visit: [www.schoolandyouth.org](http://www.schoolandyouth.org)



### Man & Woman of the Year

**The Man & Woman of the Year** fundraising competition and gala event supports LLS' quest for a cure. Candidates compete for the title of Man or Woman of the Year and the top fundraiser wins. They use the 9 weeks of the competition to host creative events, solicit corporate support and send fundraising letters to generate donations. Winners receive recognition in their communities and the knowledge that they've helped fund the fight against blood cancers. [www.mwoy.org/sf](http://www.mwoy.org/sf)



### Leukemia Cup Regatta

This unique event, hosted by a local yacht club, combines the joy of sailing with the important task of raising money to fight blood cancers. Sailors race in the name of a patient hero from their community. [www.leukemicup.org/sf](http://www.leukemicup.org/sf)



### Volunteer Your Time

Like many non-profit organizations, LLS relies on the enthusiasm, dedication and skills of volunteers to help fulfill our mission. LLS hosts ongoing volunteer initiatives and internships within the Greater San Francisco Bay Area Chapter offices in San Francisco and Santa Rosa.

- Volunteer your time or find out more information on upcoming ways to help.
- Volunteer at one of our three Light The Night Walks. Each year over 300 volunteers work with LLS to make the Walks a huge success.



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