



Alpha Delta Kappa "May Flowers Parade for Alzheimer's"

Be a part of the action! Join Alpha Delta Kappa for a "May Flowers Parade for Alzheimer's"! Complete a virtual 5k (3.1 miles) by running, walking, swimming, biking, or rolling between April 17 and June 20, 2020. Your time, your place, your pace! There are "Infinite Possibilities" to participate! Here's how to do it:

1. **There are two ways to register.:**
 - A. By **CHECK**, fill out the Registration Form and send it and the registration fee of **\$20.00 for each participant** (checks should be made out to "Alzheimer's Association" with "ADK TLD" in the memo line) to **Charlene Lauria, 4 Nutmeg Avenue, Enfield, CT 06082-4908**.
 - B. By **CREDIT CARD**, go to https://act.alz.org/site/TR/LongestDay2020/TheLongestDay?team_id=601067&pg=team&fr_id=13035# **The Power of a Donation / Donate** . Please select "**Alpha Delta Kappa International Pearls**" as your donation team and list **\$20.00** as your donation. Then, email to Charlene at mcal92@hotmail.com your name, S/P/N and Chapter, email address, and the name that you would like on your bib.
All proceeds will go to the Alzheimer's Association. The deadline for registration is June 15, 2020.
2. Receive your "parade bib" by email. Print in color or in gray scale and wear it proudly as you complete your 5k!
3. Complete your 5k by **the Longest Day, June 20, 2020**. It can be done all at once or spread out over a period of time that is convenient for you or your group.

It's that simple! Gather your chapter, family, friends, and co-workers at a safe social distance to participate, or do it as an individual to join the Parade. Challenge other chapters or groups to match your efforts! At a time when we are all looking for a form of exercise and a chance to have a positive impact on our world, this is a two-fold opportunity. However you choose to participate, **JUST DO IT** to fight for a world without Alzheimer's and all other forms of dementia.

Alpha Delta Kappa "May Flowers Parade for Alzheimer's" Registration Form Please print clearly.

Name _____

S/P/N and Chapter _____

Email Address _____

Name on Your Bib _____

Please note that you must send your \$20.00 check made out to **The Alzheimer's Association** (be sure to write "ADK TLD" in the memo line) along with the registration form to **Charlene Lauria, 4 Nutmeg Avenue, Enfield, CT 06082-4908**. You will receive your bib by email soon after your registration is received.

You get good health and a great time while helping a great cause!

NOTE: St. Jude Children's Research Hospital will be the focus of another virtual 5K during Alpha Delta Kappa Month.