

Why we need your support...



8.8 million of America's seniors, or nearly 1 in 6, may not know where their next meal is coming from.

Programs like Meals on Wheels are critical to solving this national crisis.

The nutritious meals, friendly visits and safety checks provided five days each week by YVEDDI's volunteer drivers are often all it takes to enable our seniors to live independently in their own homes. And when they do, we all save billions of tax dollars in avoided hospital, health care and nursing home costs. Investing in Meals on Wheels is a win-win!

In Surry County, the senior hunger crisis is real. For the fiscal year 2014, YVEDDI Meals on Wheels in Surry County provided 29,094 homebound meals to senior adults who needed a balanced meal. Sadly, there are 100+ senior adults waiting for this service in Surry County that cannot be provided due to the lack of funding. It wouldn't take much to fix. We can provide nutritious meals for a Surry County senior for a day for less than \$5. The Federal government's contribution covers only 54% of that cost. We rely on contributions from state, local, private and other resources to cover the rest.

The more we invest in Meals on Wheels, the more we save. For every dollar we invest in Meals on Wheels we can save up to \$50 in Medicaid spending. If we commit to serving just one quarter of North Carolina's hungry seniors, the \$78.7 million dollars we invest can be offset 50 times by the \$3.9 billion we save. (Source: www.mowaa.org)

Sponsorship Form

Business/
Sponsor
Name _____

Address _____

Phone _____

Email _____

Level 1 - \$1,000

Finish line recognition (top) banner (provided), largest font on t-shirt, provide goodie bags and set up a booth

Level 2 - \$500

Finish line recognition (side) banner (provided), 2nd largest font on t-shirt, items for goodie bags and set up a booth

Level 3 - \$300

Smaller font on t-shirt, goodie bag items, banner displayed at awards staging area (you provide your own banner)

Level 4 - \$250

Smaller font on t-shirt, goodie bag items

Level 5 - \$100

Smallest font on t-shirt

Please mail Sponsorship Form to:

Van Lankford
Home Instead Senior Care
172 W. Independence Blvd.
Mount Airy, NC 27030

Make check payable to: YVEDDI Drumstick Dash

All proceeds from this event benefit YVEDDI Meals on Wheels in Surry County

Your donation and contributions to YVEDDI Meals on Wheels are Tax Deductible to the extent allowed by law.

Yadkin Valley Economic Development District, Inc. [YVEDDI] is a non-profit organization

Disclaimer

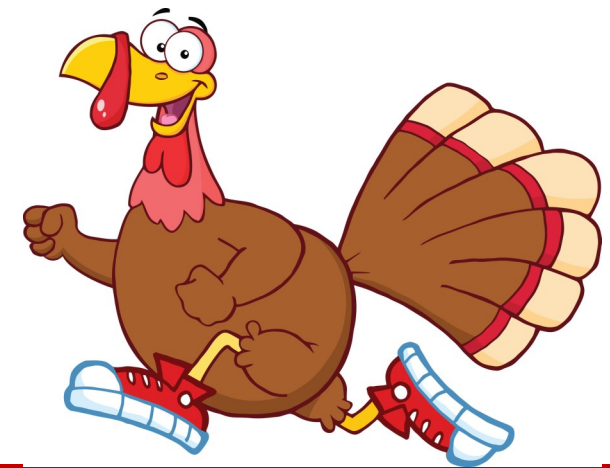
"Restricted grants, fundraisers, and donations only support designated or specified projects or programs allowed by the contributor; resources cannot be disbursed or comingled with other projects or programs to offset any expenditures."



For more information contact:

Van Lankford (336) 789-4472
vanlankford@homeinstead.com

Kim Holland (336) 526-6460
kholland@hughchatham.org



Saturday, November 22, 2014

8:00 a.m.

YVEDDI

1ST ANNUAL

5K/10K RUN

Drumstick

Dash



Event Information

Saturday

November 22, 2014

Run the 10K: 8:00 am

Run the 5K: 8:15 am

(please note the time difference)

Walkers Welcomed!!!

All participants registered by October 26th will receive a cool event t-shirt (moisture wicking), and the best goodie bag around.

Registration Fees

▪ \$15 for students (pre-K through 14 years old)

Register by October 30th

▪ \$25 for 15 years old and older

Register after October 30th including Race Day

▪ \$30 for 15 years old and older

Awards

Overall Winners: 1st, 2nd, 3rd male/female

Age Division: 1st, 2nd, 3rd place in each male/female

Age divisions: 13 and under, 14-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and over

Schedule

Gather in front of Dobson First Baptist Church on Crutchfield Street in Dobson

Race Day Registration

7:00 am - 7:45 am in front of Dobson First Baptist Church

Race Start Time

8:00 am for 10K

8:15 am for 5K

Starting Line

Folger Street beside Dobson First Baptist Church

Race Awards

5K at 9:00 am

10K at 10:00 am

Early Packet Pick Up

Dobson First Baptist Church

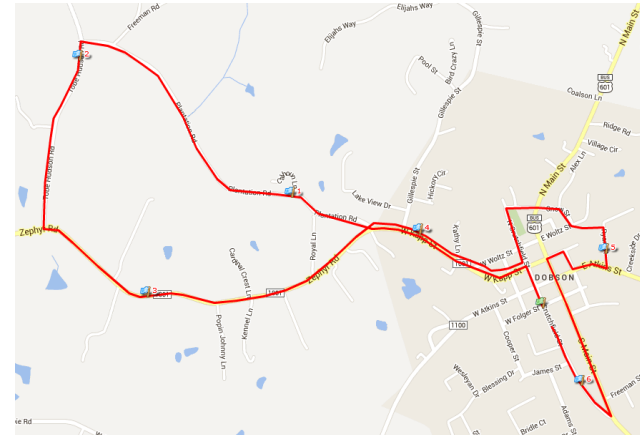
Friday, November 21: 11:30 am until 6:00 pm

Chip Timing Provided By:



Course Maps

10K



5K



Online Registration
www.itsyourrace.com

Registration

Name _____

Address _____

Phone _____

Email _____

Waiver: I waive any and all claims against YVEDDI and their sponsors for illness or injury which may result directly or indirectly from my participation in this race. I further state that I am in proper physical condition to participate in this event. I am also aware that participating in this event could, in some circumstances result in physical injury.

Signature _____

If under 18, parent or legal guardian

Gender Male Female

Participant's Date of Birth _____ Age: _____

T-Shirt Size ___ Youth S M L
___ Male S M L XL XXL
___ Female S M L XL XXL

Emergency Contact Information

Name _____

Phone _____

Send completed Registration Form to:
Van Lankford
Home Instead Senior Care
172 W. Independence Blvd.
Mount Airy, NC 27030

Make check payable to: YVEDDI Drumstick Dash

Each participant needs to register separately