

# Stroll & Roll

## for Spina Bifida

Fun Walk through the  
Leon Creek Trails



Sat., Oct. 10, 2009

Registration: 7:30am-8:00am

Start Location: 8030 Bandera Rd.  
San Antonio, TX



*Serving Central & South Texas since 1998*

This event is held in conjunction with the  
**Texas MedClinic, Leon Creek 1/2 Marathon**  
sponsored by Roger Soler Sports.  
Visit [www.rogersoler.com](http://www.rogersoler.com) for race info.

\*no affiliation with spina bifida association

## What it is....

Spina Bifida affects 2 in every 1,000 births in Texas. Paralysis, difficulties with bowel and bladder control, hydrocephalus and learning disabilities are among the many issues associated with this preventable birth defect.

**Did you know?  
Just 400mcg of  
Folic Acid daily  
can prevent  
70% of Spina Bifida  
affected pregnancies!**

## How we help.....

Our FashionAble program pairs disabled children with designers that create and modify garments to accommodate each child's special needs.

We provide independence and self care training for children through our On the Right Tract program.

We provide quality of life sponsorship for camp, sports programs, dance & music lessons.

We promote prevention, by spreading the word about the importance of taking folic acid to all women of child bearing age.

## Entry Fee \$20

This entry fee helps us in our efforts to serve individuals with Spina Bifida and entitles you to receive an event t-shirt.

Remember your pledge amounts can be used toward your entry fee. As little as \$1 per pledge can help you to raise your entry fee and more!

**Ask family, friends,  
co-workers and neighbors to  
help Spina Bifida Texas!**

Each individual that raises  
\$100-\$249 receives a \$10 Gift Card  
\$250-\$499 receives a \$25 Gift Card  
\$500 and up receives a \$50 Gift Card

Get others involved. Start at Team! Teams can be as big or small as you like. For extra fun, your team can make buttons, wear matching shirts or carry signs to let others know who you are.

## PRIZES AND AWARDS!!!!

**Most Money Raised as a Team**  
**Most Team Members** (each member must raise the minimum \$20 fee)  
**Most Money Raised by an Individual**

And for the 2nd year we will have a special prize for  
**BEST DECORATED  
WHEELCHAIR**

so use your imagination and come out and have some fun!

