## National Hemophilla Foundation <br> www.hfnv.org

29 Apart. 30 Together.

In honor of our $30^{\text {th }}$ anniversary as a chapter we are asking community members to walk 29 miles before Walk day and then walk their $30^{\text {th }}$ mile together! Keep track of your miles completed on this chart.

| Mile 1 <br> Start your Fundraising with a $\$ 30$ Self Donation | Mile 2 | Mile 3 | Mile 4 | Mile 5 <br> Ask 5 neighbors for a $\$ 5$ donation |
| :---: | :---: | :---: | :---: | :---: |
| Mile 6 | Mile 7 | Mile 8 | Mile 9 | Mile 10 <br> Ask 5 coworkers for a $\$ 10$ donation |
| Mile 11 | Mile 12 | Mile 13 | Mile 14 | Mile 15 <br> Ask 4 friends for a $\$ 15$ donation |
| Mile 16 | Mile 17 | Mile 18 | Mile 19 | Mile 20 <br> Ask 3 relatives for a $\$ 20$ donation |
| Mile 21 | Mile 22 | Mile 23 | Mile 24 | Mile 25 <br> Ask 1 person for a $\$ 25$ donation |
| Mile 26 | Mile 27 | Mile 28 | Mile 29 <br> CELEBRATE YOU <br> WALKED 29 MILES | Mile 30 WALK DAY MILE! |

