

Lupus Loop Walk 2009

When is the Walk?

Saturday, October 3, 2009



Where is the Walk? Seneca Park, Rochester, New York

For anyone, attending from out of town, this is not a difficult park to get to; follow the signs for Seneca Park Zoo. Just drive past the zoo, down the hill and we will be at the end of the loop.

Directions:

- If you are coming from I-390N or I-590N, go to RT-104W. Take 104W to the Seneca Ave/Clinton Ave exit. (You can follow the Zoo Signs too.) Turn Right at Seneca Ave and Left onto Collingwood Drive. The Zoo and the Park are on this road.
- From the west: 490 East to 390 North. Get off at Ridgeway Ave., turn right. Follow to 104 West, exiting at St. Paul Blvd. Follow the signs for the Zoo.

How long is the Walk? We will be walking around the LOOP, and each loop is one mile, so pick, 1, 2, or 3 loops. There is an even shorter loop around a small pond with a side walk which is ideal for people with strollers, who want just a short walk.

Are there any local attractions to consider after the Walk? Yes!

- We will have maps available of **hiking trails** in Seneca Park;
- You can walk across the **pedestrian bridge** across the Genesee River and enjoy the view;
- You can visit the **Seneca Zoo** and someone from the Walk will be winning a Household Basic Level Zoo Membership!

Registration: Information will be available by the end of July from the office or on the website.

Why Form a Team?

Reasons for forming a team:

- **The opportunity for a group** to walk together for a loved one or common cause is a powerful experience. Form a team and pick a name! The more teams we have the more powerful the event will be! Raise money by asking friends, relatives, and acquaintances to pledge for your team.
- **Teams of Friends and Family:** Forming a team for the Lupus Walk can enhance your experience and multiply your impact on the fight for a cure. Together, as a team, you are a force much greater than what you can accomplish alone.



- **Corporate Teams:** Join the Lupus Walk as a Corporate Team and make a difference in the lives of those affected by Lupus. When your corporation or organization joins the Lupus Walk in your area, you're giving back and building ties in the community.

The Lupus Walk brings employees together to fight for a common cause, and create team spirit in your organization. Teamwork also empowers your employees in the name of your organization. Give your employees an opportunity to be a part of the national movement to end Lupus and give back to their community. The Lupus walk is an inspiring

experience, knowing that, together, you are making a difference.

All Walkers are welcome!