



## ***Galway Lions Club***

P.O. Box 244

Galway, NY 12074-0244

Check us out on FACEBOOK

[www.galwaylionsclubny.org](http://www.galwaylionsclubny.org)

August 7, 2023

### **ROSIE'S 24th YEAR**

### **"A BALANCED PLATE, A BALANCED DIET"**

Dear Friends and Neighbors:

The 24th "Rosie's WALK for Diabetes" will be held on Saturday September 16, 2023. Once again we will take advantage of the Galway Lions Club Building and Ballfield on Ballston Galway Road just west of the GEMS (Ambulance) station. Having our event headquarters at our building makes it possible to have a WALKING route with no highway crossovers.

As always, we know that the Galway Community shares our pride in the fact that Galway businesses and WALKERS and many other supporters and contributors have donated over \$200,000 for diabetes research, education and health care support through our annual contributions to the American Diabetes Association and the research conducted by the Juvenile Diabetes Association.

Last year we dedicated our 23<sup>rd</sup> Rosie's Walk to Walking and exercise. This year we are dedicating our 24th Rosie's WALK to the celebration of a good diet. Less carbs and starch; not too much of any one food; keeping both your plate and your diet balanced – these are the things that help avoid diabetes.

THIS YEAR, each person who walks or runs in the event will receive a tee shirt for their involvement. Folks who collect pledges are urged to bring friends to walk with them. Each will receive a tee shirt.

As we have done in the past, our net contributions from the event are divided in three parts with one each going to the American Diabetes Association and Juvenile Diabetes Association. This year, we are continuing to fund the "Lions Recreation

Fund” which is devoted to improvements or maintenance of community recreation areas such as the Town Dockstader Fields or the nature trails sponsored by Saratoga Plan.

Here is how you can contribute.

- WALK OR RUN – on one of our courses OR YOUR OWN. Please collect pledges from your friends, neighbors and family for your efforts. Prizes are awarded to top fund raisers.
- Every participant who walks or gets at least \$25.00 in pledges is guaranteed a tee shirt;  
PLEASE SEE A PLEDGE FORM ENCLOSED
- ADVERTISE AND SUPPORT, (See our “Advertise and Support form enclosed)
- DONATE – We very much appreciate vendors who donate “in kind” for prizes and refreshments or those who simply want to give, no matter how small.

Donations are tax deductible. Please use the enclosed Advertise and Support Form or Pledge Form, for donations. Please make checks payable to Galway Lions Club and send to P.O. Box 244, Galway, New York, 12074. Your support is greatly appreciated.

ROSIE’S 2023 CHAIRMEN

**Bob Eaton and John Sutton**

**WORKING TOGETHER IN COMMUNITY SERVICE**



# 2023 Rosie's Walk/Run for Diabetes

Our 24th year

"A BALANCED PLATE, A BALANCED DIET"

Join us in Person on September 16, 2023

Walk start 10 a.m. Run start shortly after; Lunch after event

OR

**Walk or run 3.8 miles anyplace or anytime.**

Our 2023 Recipients

American Diabetes Association

Juvenile Diabetes Research Foundation

The Galway Community

**You can help by:**

- 1) Contributing to our designated walkers (send contributions to P.O. Box 244, Galway, New York 12074)
- 2) Finding sponsors and walking or running yourself!

**Please support our cause and help us reach our goals.**

If you would like to contribute but can't walk; please let us know and we will have our Designated Walkers walk in your behalf!

For more information call: John Sutton – (518) 882-9630 or (518) 577-3975 or  
Bob Eaton (518) 275-3697



SPONSORS

# ROSIE'S WALK FOR DIABETES 2023

SATURDAY, SEPTEMBER 16, 2023- 10 a.m.

GALWAY LIONS BUILDING - 2167 Galway Road

## MAXIMUM EXPOSURE FOR MINIMUM COST

**Rosie's Walk for Diabetes Offers Your Business A Unique Opportunity To Market Your Product and/or Service To A Large Select Group For a Small Price!**

The 24th Annual Walk for Diabetes is quickly approaching and we invite you to join in the fun! Local participants, volunteers and supporters will see our signs and hear our advertisements. We have several exposure levels that will showcase your organization as being community-minded and concerned about those in our area.

**PLATINUM PARTNERSHIP:**

Day of event signage at one location	2 Complimentary T-Shirts (please circle sizes)	\$500.00
Logo on back of 75 T-shirts	M L XL XXL and M L XL XXL	

**GOLD PARTNERSHIP:**

Day of event signage at one location	1 Complimentary T-Shirt (please circle size)	\$250.00
Logo on back of 75 T-shirts	M L XL XXL	

**SILVER PARTNERHIP:**

Day of event signage	1 Complimentary T-Shirt (please circle size)	\$125.00
	M L XL XXL	

**BRONZE PARTNERSHIP:**

Day of event signage at one location		\$50.00
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If you are interested in a Partnership, please choose the appropriate box above, complete the form and send the form and your check payable to **Galway Lions Club, PO Box 244, Galway, NY 12074. All monies are due by September 6th.** Forms and checks may also be dropped off at Sutton Law Office, 5212 Route 147, Galway Village or with Bob Eaton.

Questions - John Sutton - (518) 882-9630 or Bob Eaton - (518) 275-3697

COMPANY \_\_\_\_\_

CONTACT \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE \_\_\_\_\_ FAX \_\_\_\_\_ EMAIL \_\_\_\_\_



# ROSIE'S WALK/RUN FOR DIABETES 2023

SATURDAY, SEPTEMBER 16, 2023  
LIONS BUILDING-2167 Galway Road  
Registration 9:00 a.m. (start)  
WALK goes off 10:00 a.m.  
RUN start shortly after



NAME: \_\_\_\_\_

EMAIL: \_\_\_\_\_  
(please fill in email address)

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE (Day): \_\_\_\_\_ (Evening): \_\_\_\_\_

Total Individual Pledged: \$ \_\_\_\_\_  
(from all sheets)

Total Individual Collected: \$ \_\_\_\_\_  
(from all sheets)(min. donation \$25 to receive t-shirt)

T-Shirt Size: M L XL XXL

Sponsors Name and Address	Amount Pledged	Amount Collected
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		
13.		
14.		
15.		

Please bring all money along with pledge sheet the day of the WALK /RUN  
Make checks payable to: Galway Lions  
PO Box 244  
Galway, NY 12074

Total Pledged

Total Paid

TOTALS: