



Long Island / Queens Affiliate

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For Immediate Release

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Help Celebrate the 20th Anniversary of the Walk-Along for Lupus

Bellmore, NY – The Lupus Alliance of LIQ, home of the Walk-Along for Lupus, Long Island's first and longest running lupus walk, will hold their 20th Anniversary Walk-Along for Lupus on Sunday, October 20th, 2013 at Eisenhower Park, Field #6. Registration will begin at 8:30am and the walk begins at 10:00am, rain or shine. The minimum donation is \$20.00 per person. With a \$50.00 donation you receive a Walk T-shirt, and with a donation of \$500.00 or more you receive a Visa gift card.

Teams can earn pre-made signs that they can proudly carry at the walk, teams of 8 people or more can also get a pre-packaged lunch, which will be ready and waiting for them when their team finishes the walk. Picnic tables, scattered about the walk site, invite families to stay and eat, mingle and enjoy the live music, meet Greg-T from Z-100, have their team picture taken, and visit the sponsor booths for great give-a-ways, all of which make the Walk-Along for Lupus a fun filled family day, and not just a fundraiser. Every year over 2,000 people attend the walk, raising over \$255,000 last year.

You can pre-register online and start collecting donations from friends, family and online pals by visiting www.lupuslqueens.org/walkalongforlupus and signing up for free. Once registered, you can make your own walk donation webpage that you can send to your friends to request donations. Your walk web page can even include your own YouTube video on why you walk for lupus!

The Lupus Alliance of LI/Q is a local non-profit that has been dedicated to helping those who live with lupus as well as their families for over 59 years by not only supporting the latest in novel research but also by providing programs such as support groups, telephone counseling, brochures and literature, educational forums, financial assistance grants and groups for kids with lupus. Although several fundraisers are held throughout the year to raise the funds to support their programs, the Walk-Along for Lupus is their biggest and most successful event. Every dollar donated at the walk will help the Alliance continue to serve the Long Island/Queens population that is affected by lupus. As the only local resource for those who live with lupus in the area, the Lupus Alliance of LIQ has been a mainstay of support, knowledge and friendship since 1955.

Visit the Lupus Alliance of LIQ's website for information on how to walk, register online and more, at www.lupuslqueens.org/walkalongforlupus. To receive a walk packet in the mail please call the office at 516-783-3370 or e-mail them at info@lupuslqueens.org. If you are a student, or a member of a local group such as boy or girl scouts, the Lupus Alliance is always looking for help distributing brochures during the summer months, to help spread the word about the walk. All student groups receive community service letters for their assistance. If interested, please call Nancy at 516-783-3370.