

**22nd Annual Freihofer's Community Walk**  
**WALKERS NEEDED TO HELP RAISE FUNDS FOR BLIND**

The **Northeastern Association of the Blind at Albany, Inc., (NABA)** is presently recruiting volunteers to participate in the 22nd Annual Freihofer's Community Walk, to be held on Saturday, June 5, 2010 from 8:00 AM – 9:30 AM – rain or shine. This unique community event enables NABA and other area not-for profit organizations to raise money and awareness by being part of the largest running event in the Capital Region. There is no cost to participate and all money raised by NABA supporters comes back directly to NABA.

Walkers are encouraged to register online at [freihofersrun.com/community\\_walk.htm](http://freihofersrun.com/community_walk.htm) and mail-in entries. T-Shirts, refreshments and goodie bags will be distributed. The course consists of a three mile loop. You are encouraged to walk at your own pace and walk as many loops as you feel comfortable completing within the given time.