



## A Columbus House Non-A-Thon

### 1k? 5k? 10k? No Way!

Walk-a-thon season is upon us. You're gearing up for a crowded trail and long waits in registration lines. You're dreading being passed by joggers and those other crazies who have spent the winter in the gym instead of on the couch. You don't know where the sunscreen is and the last time you walked five kilometers was, well, at last year's walk-a-thon.

But here at Columbus House, we know there are many more things you and everyone you know could be doing on a Saturday to help the homeless, such as:

- Taking a nap
- Eating potato chips
- Reading on the porch
- Watching the game

### Really, it's No Sweat!

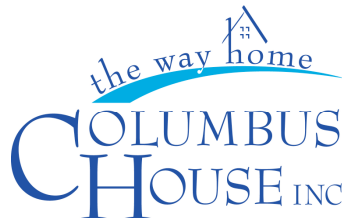
The only walking you need to do is to your nearest computer.

Log on to <http://nonathon.kintera.org> and register today. Then email all your friends and family and tell them they don't have to walk for Columbus House either—they just need to make a donation. Make sure to remind them to click the Forward button so that everyone knows how easy it is to help the homeless—no Gatorade or running shoes necessary.

Then you're done! No sore feet, no sunburns. Just that warm, mushy feeling you get when you do something good for someone else.

Great prizes to the top non-walkers for:

- amount of money raised
- number of supporters



Go to [www.columbushouse.org](http://www.columbushouse.org) for information about Columbus House and the people it serves.