

Indiana University Dance Marathon



dance marathon
PARTNERS

"The chance of a lifetime to give a lifetime of chance."

2005 Dancer Guidebook

Indiana University Dance Marathon
5th Floor of the Activities Tower, IMU
Office: 855-6362

Monday-Friday 9am to 5pm
www.iudm.org

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Top 10 Reasons to get Involved in IUDM

- 10) It's a great excuse to sleep all day Sunday.
- 9) It's one party the dean can't shut down.
- 8) You can smell and it will be socially acceptable.
- 7) Awesome bands and free food.
- 6) You can honestly tell your parents you had a productive weekend.
- 5) You can pig-out and work-out at the same time.
- 4) You weren't going to study anyways.
- 3) Another free t-shirt.
- 2) Where else can you get a full body massage...for free?
- 1) DO IT FOR THE KIDS!!!!!!

Indiana University Dance Marathon Mission Statement

To create a Dance Marathon, a dynamic organization of friends in community, that will provide hope for the ill children of Riley Hospital for Children by generating funds which will be used to build the Ryan White Infectious Disease Center.

Our diverse family of talented and dedicated student leaders will use compassion, strength, dedication, and vision to forge Dance Marathon into a lasting tradition of excellence in service to children in need.

In an environment thriving on faith in each other, hope for the future, and inspiration to achieve, we will stretch the limits of our mind, body, and spirit to launch the most humanly diverse and personally consuming experience at Indiana University.

A Dream Still Strong

“Chance of a Lifetime, to Give a Lifetime of Chance”

It is in his memory that Indiana University Dance Marathon was started thirteen years ago. His courage has given countless others the strength to continue their fight against life-threatening diseases. His hope has inspired many to never give up no matter what the cost. His ability to help others and his desire to educate the public about AIDS has inspired others to follow his lead. The Indiana University Dance Marathon was created in memory of Ryan White, with hopes of helping as many children as he did.



Ryan made a huge impact in the lives of people around the world. At the age of 13, Ryan was diagnosed with AIDS, a disease he contracted from contaminated blood products he had received for his hemophilia. News of Ryan's contraction of the virus sent many into a panic. People became afraid of Ryan because they were uneducated about HIV and AIDS. Even his school district in Kokomo, Indiana, denied him the right to return to classes. Ryan was engaged in court battles to gain permission to return to school. Although he eventually won his court case, the prejudice and fear still existed in his school and the community was hesitant to provide support for the family to reside in Kokomo. Finally, after a bullet was fired into the White's home, a decision was made to move to Cicero, Indiana, where they were welcomed with open arms.

Throughout his own struggles with the disease and public misconceptions, Ryan spoke out. Through his actions he

conveyed the importance of education in order to slowly stop the spread of AIDS.

Ryan White was a fighter. He fought his disease, never letting it control his life. He combated a great number of misconceptions and called for the compassionate treatment of each and every AIDS sufferer. Ryan appeared at schools and fund-raisers across the country and testified before the President's Commission on AIDS. Ryan's strength

earned him the attention and support of celebrities such as Elton John and Michael Jackson.

After a courageous struggle, Ryan White died on April 8, 1990, the spring before he planned to enter Indiana University. Jill Stewart, an IU student and close friend of Ryan's, had the vision and strength to continue Ryan's fight by creating the IUDM Council in 1991. In memory of Ryan's life and his work, the annual Dance Marathon benefits the Ryan White Infectious Disease Center at Riley Hospital for Children in Indianapolis. The 36-hour marathon raises money for Riley, with hopes of treating sick children with infectious diseases. The creation of the Ryan White Infectious Disease Center and the work of the Indiana University Dance Marathon both continue Ryan's legacy by providing funds and medical support to cure today's diseases for a better tomorrow.

“I'll only go to Riley” - Ryan White

IU Dance Marathon History

“The chance of a lifetime to give a lifetime of chance”

April 9, 1991 marked the one-year anniversary of the death of a courageous youth; Ryan White captured the attention of his peers and the entire nation as he struggled with AIDS. His valuable lessons and insights on AIDS inspired many across the United States.

Jill Stewart, an IU student at the time, was inspired by her friend Ryan White. She wanted to memorialize her friend with an event at Indiana University, where Ryan had been scheduled to attend classes that fall. Penn State had won top student event honors the year before for their 48-hour Dance Marathon, so taking a few other IU students with her Jill visited the Penn State Marathon. At one glance, they knew it was an organization that needed to be started at Indiana University.

Working together, a group of 15 of the best leaders on campus made plans for the first ever IU Dance Marathon. With a mission statement in hand and the cause of the Ryan White Infectious Disease Center in their hearts, the students put on the 1st annual IU Dance Marathon during the weekend of October 25-27, 1991. The first year the 36-hour fundraising event raised \$10,900 for the children of Riley Hospital in Indianapolis.

Through the dedication and hard work of IU students, Dance Marathon has grown rapidly over the past ten years, reaching a total of over \$468,000 in its fourteenth year for grand fundraising total of over \$3 million to date. In addition, many satellite events have been created to help raise money, such as the Bishop Chatard, Southport High School, and Bloomington North High School Mini-marathons. Dance Marathon has become a tradition at Indiana University and has found its place in the hearts of many students.

The Indiana University Dance Marathon supports itself through donations and sponsorships from various organizations. All of the funds raised are donated to the Riley Hospital for Children to establish and aid the Ryan White Infectious Disease Center. Dance Marathon’s slogan, “The Chance of a Lifetime to give a Lifetime of Chance”, is truly professed in its actions and purpose. The organization gives everything it can so in the future a lifetime of chance can be given to the children of Riley.

IUDM Building Blocks

1991	\$10,900.00
1992	\$23,000.00
1993	\$66,234.97
1994	\$96,293.93
1995	\$140,072.46
1996	\$152,760.00
1997	\$206,537.20
1998	\$230,565.17
1999	\$315,060.16
2000	\$402,324.17
2001	\$405,412.17
2002	\$415,000.19
2003	\$403,000.19
2004	\$468,600.19

Everything you wanted to know about Riley Hospital but were afraid to ask...

- ♥ Riley opened its doors in 1924 and was the first and only comprehensive children's hospital in the state of Indiana
- ♥ Riley Hospital was named for James Whitcomb Riley, a Hoosier children's poet
- ♥ Riley is one of the largest children's hospitals in the nation
- ♥ Parent care is greatly stressed—parents pull children in Town & Country Radio Flyer red wagons (with IVs, oxygen, etc. attached)
- ♥ The glass elevator in the lobby is called the "Tylenol Capsule" by the children
- ♥ Riley maintains a ratio of one nurse to every two patients
- ♥ The Riley Outpatient Center (ROC) was built in 2000 and houses the Ryan White Infectious Disease Center
- ♥ **The Ryan White Infectious Disease Center was built entirely by funds created from the hard work of the students associated with IU Dance Marathon**
- ♥ No Hoosier child is ever turned away from Riley Hospital because of an inability to pay
- ♥ The average stay at Riley Hospital is 8 days
- ♥ Kids go to school while at Riley—they have a full library and three school teachers on staff
- ♥ Engraving on the original entrance of Riley Hospital reads, "that they may have life, and have it abundantly"
- ♥ Approximately 20 children with AIDS are being treated at Riley on any given day
- ♥ 50% of all patients are under two years of age—25% of those patients are under 2 months

Do it for the Childre



n

Some call us a family and we are I would say.

Cause we all came together in the very same way.

To help those young children that may not live.

And to look in ourselves to see what we can give.

We're not here for the fame or involved in the glory.

We are because the kids are a unique kind of story.

See some will stay with us but some might say good-bye.

And I wish I could tell you but I don't know why.

Why these kids are born hurting with frowns on their faces.

And spend most of their lives in hospital type places.

It tugs at your heart when those big tear-filled eyes

Are looking up at you and asking why.

Why their bodies don't work right and their world is so sad.

And they can't live at home with their mommy and dad.

So keep working hard for those sick little ones.

And know deep in your heart that good's being done.

Because what you are doing helps make miracles each day.

For you give of yourselves in an unselfish way.

2005 DANCER POLICY

1. Dancer must raise a minimum of \$300 to be eligible to dance.
 - an easy way to achieve this goal is to write letters to friends and family asking for donations (If you receive 15 donations for \$20 or 20 donations for \$15 you have already reached the qualifying amount)
 - Another easy way to reach this goal is to participate in the many fundraising activities IUDM puts on
2. The last chance for registration is October 21 at 5pm.
3. The top 600 fundraisers to reach over \$300 will be invited to dance in the 2005 IU Dance Marathon.
4. The last day one is allowed to turn in money that counts toward their personal total is October 21.
5. There will be recognition given to the top 3 fundraising dancers. The deadline to turn in money will be at noon the Saturday of the Marathon.
6. You must arrive promptly at your specified sign up time with no more than ONE standard carry-on size bag. If you bring more than one, or one that is oversized, we will not bring it onto the main floor.
7. You must wear your IUDM t-shirt at all times
8. Once on the main floor, you are not allowed to leave unless it is to the following areas:
 - Riley Tent
 - Bathroom
 - Smoking Area
 - EMT Area
 - Bag Area
9. Participation in IUDM is not mandatory. We strongly advise against leaving the Marathon however if you feel you cannot continue you are permitted to leave. Once a dancer leaves the main floor, he or she will not be allowed back on it. Furthermore, we will implement a \$350 penalty for leaving. *What this means:* \$350 will be subtracted from your dancer group total for each dancer that leaves during the Marathon.
10. Friends will be allowed to visit and bring food at any hour. However, they are not allowed to enter the main floor without a VIP pass. Also, if they are intoxicated, they will be asked to leave the building.
NOTE: Police will be present for security reasons and anyone who is inebriated could receive a public intoxication citation.
11. There will be EMT services available at all times during the Marathon. If at any point during the Marathon you feel weak, light headed, or dizzy, or experience any other discomfort we suggest you seek medical attention from the EMTs

immediately. The EMTs are a paid service and are not affiliated with the Indiana University Dance Marathon.

Fundraising

Tips on how to raise your \$\$\$!!!

General Helpful Hints:

1. First and foremost, remember that this is for the KIDS!! Don't lose sight of the main reason we are doing this. All of our efforts and hard work are for the children at Riley Hospital. Always remember that every contribution helps to save lives, and we really can and have made a difference.
2. The sooner you start fundraising the more money you will raise!
3. Get everyone involved!! Everyone can do something. Those who are not dancing can be involved on committees or simply help the dancers raise money!
4. Always stay motivated!! Enthusiasm is contagious! If you show people how wonderful Dance Marathon is, they will want to be involved!

How to start fundraising:

1. Personal Letter Writing
 - Write letters to family, friends, doctors, professors, etc.
 - This is one of the easiest and most effective fundraisers!!! You could send 15 letters and if you get \$20 back from each letter sent, you've made the qualifying amount to dance! Or you could send 30 letters and receive just \$10 back from each letter to make the \$300 minimum.
 - Please remember to THANK EVERYONE WHO GIVES, whether it is by letter or phone.
2. Contact local churches, synagogues, etc.
 - Churches in your area (especially Indiana) most likely will be more than willing to take up an extra collection for Riley Hospital.
3. Canning events
 - Contact local businesses to see if you can stand outside and ask for donations for a couple of hours on a Saturday or Sunday.
 - Call the IUDM office to see about their canning hours.
4. Soliciting Foundations/Business Sponsors
 - Submit the name of the Foundation to the Director of Fundraising for approval. If approved send Foundation a prepared proposal.
 - Any money donated by the Foundation will count towards your organization total this year only—therefore if the organization renews its gift, it counts towards your total only this year.
5. Motivation
 - The power of motivation is IMMEASURABLE; therefore you have the ability to make a tremendous impact with all the people you know.



www.iudm.org

Indiana University Dance Marathon

Benefiting the Ryan White Infectious Disease Center at Riley Hospital for Children

Indiana Memorial Union, Suite 572
Bloomington, IN 47405

iudmc@indiana.edu
Ph: (812) 855-6362 Fax: (812) 855-4461

Dear Potential Contributor:

Help a Child Like Stacie

I am writing to let you know about the Indiana University Dance Marathon, an amazing organization that I'm involved with at school. This year I will be participating as one of 600 dancers during the Marathon in October. Our motto, "The chance of a lifetime to give a lifetime of chance," has inspired me to take on the challenge of standing on my feet for 36 hours in honor of children who may never be given the opportunity to experience life without daily medical challenges.

The Indiana University Dance Marathon was started by former IU student Jill Stewart in 1991 in hopes of honoring and continuing her close friend Ryan White's battle with the AIDS virus. Since then, every fall, hundreds of students fill a gym and spend 36 sleepless hours on their feet dancing, playing games, interacting with children, and having fun. This selfless act is done for the Ryan White Infectious Disease Center, a branch of the newly built Riley Outpatient Center at Riley Hospital for Children. Riley Hospital is a proud member of the Children's Miracle Network. Participants raise money through generous pledges from friends, family and also canning outside stores for donations. Corporate sponsors cover the costs of the marathon so that every penny raised goes directly to help the children at Riley. Dance Marathon dollars solely keep the Ryan White Center operational.

IU Dance Marathon is completely student-run and has over 200 undergraduates working on 14 various committees to ensure the best marathon possible. Over the past 13 years, IU Dance Marathon has proudly provided Riley with over 3 million dollars towards the research of pediatric infectious disease. Last year, with over 600 dancers involved, the marathon raised over \$468,000 for the children, making our marathon the *second largest student organization in the country!*

Since I have decided to become a dancer, I have had the opportunity to meet many children and their families. Each child has a unique story and individual needs, and with your donation they can be helped. IU students give endless time and energy for the children, such as Stacie shown above, but your help is also needed. I have set a personal goal to raise **\$23,493** and I cannot do this alone, ANY donation that you would be willing to give would be most appreciated. **My fraternity/sorority/organization, Delta Iota Kappa**, has also become very involved with Dance Marathon with over **50** members participating this year. With our efforts, we are hoping to raise philanthropic awareness around campus.

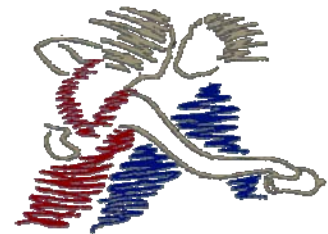
To find out more information you can visit our website at www.iudm.org. If you choose to make a donation you can donate online by clicking on the "PayPal Donate" icon.

All checks can be made payable to Indiana University Dance Marathon. Donations can be sent to the following address:

Name
Street
City and ZipCode

Sincerely,
Your Name
2005 Dancer

Stacie Thornburgh
Age : 20
Marathons Attended : 12
Graduated High School in '02
Favorite IUDM moment:
Speaking on stage
Hero: IUDM Dancer
Favorite movie: 101
Dalmatians & IUDM tapes
Hobbies: Playing with her
dogs and on her computer
Siblings: 1 Brother & 1 Sister



What to Expect

Friday Afternoon

- You will arrive at your designated check-in time with your team members
- Then you will:
 - Get a really cool Dance Marathon T-shirt
 - Turn in any medications
 - Get an assigned spot to put your belongings
- Socialize with friends and meet new friends as you prepare for the Marathon to begin
- When registration is complete, all dancers will enter the HPER at the same time!!!!

Friday Evening to Sunday Morning

- You will do more than just DANCE!!!!
- You will also:
 - Play games
 - Eat—we feed you and your friends can come and bring you stuff
 - Get foot and back massages
 - Listen to awesome local bands!!!!
 - Learn the line dance
 - Meet all of the other wonderful people dancing
 - Talk with your friends that come to visit you
- You'll be so busy you won't even want to sit down!!!

Sunday Morning

- There will be a special presentation honoring the dancers, the children, and the sponsors.
- A grand total of all the money earned will be given at this time

**Then CONGRATULATIONS!! You've made it! Now go home and get some SLEEP!!

Words of Wisdom

Quotes from former dancers to help you get through the marathon

"On Sunday morning my feet hurt and I was so tired I could barely keep my eyes open, and yet, I still walked out of the HPER with the biggest smile on my face and the biggest feeling of accomplishment in my heart, knowing that I may have helped make a child's life a little better."

"When times get tough during the Marathon, just remember that the kids at Riley live everyday in situations worse than this and shine through with amazing courage."

"How many weekends in college do you get play with toys and games for 36 hours? The amazing smiles on the kids' faces let you know that what you are doing is all worth it."

"I never had volunteered for anything before that made me have to give so much of myself at one time. It was definitely the hardest thing I have ever had to do. Throughout the weekend I spent most of my time with a boy, and seeing his smile on Sunday morning gave me such an awesome feeling that I would do it all over again and again."

"Dance Marathon was probably the most all around experience I've ever had. I was happy, sad, crying, and laughing all at the same time."

"36 hours is such a small amount of time for something so important."

"When I met the families we supported, that's when I knew I had done something great."



Dancer Tips

Before the Marathon...

- ✓ Get a good night sleep and save up lots of energy for the Marathon!
- ✓ Ask a friend to pick you up on Sunday morning. You probably won't want to walk or drive yourself home.
- ✓ Ask friends to come visit you throughout the Marathon. They can enjoy some great music and you can enjoy their company, and the snacks they bring you!
- ✓ Get excited to dance the weekend away! It will be an experience of a lifetime that you will never forget.

Things to bring...

- ✓ Bring a couple of pairs of shoes and plenty of fresh socks. Changing shoes helps to prevent sore feet! Flip-flops and running shoes are good choices.
- ✓ Remember your toothbrush, toothpaste, and deodorant!
- ✓ Bring a brush or a comb. (and a couple of hair ties or a hat for later)
- ✓ Glasses or contact solution
- ✓ A washcloth, face wash, and a towel. (There are showers, but they are open showers. Bring a swimsuit to shower in if you'd like.)
- ✓ Different shirts to wear under your cool IUDM shirt and comfy pants.
- ✓ Any medication that you will need to take during the 36 hours. (You will check it in when you arrive and we'll make sure you remember to take it at the right time.)
- ✓ Snacks you may want to eat during the weekend, and juice or water to have the whole time. YES, we feed you, but you might want to bring your own goodies too!
- ✓ Magazines and toys to keep yourself busy!
- ✓ Camera and film...there will be tons of Kodak moments!
- ✓ **ANY MONEY THAT YOU HAVEN'T TURNED IN YET!!!**

Things NOT to bring...

- ✓ Your watch: time will go by much quicker if you're not looking at it!
- ✓ Money, jewelry, iPods and other valuables. Dance Marathon is NOT responsible for lost or stolen items.
- ✓ Everything you own. You will be sharing space with other dancers, so please bring only what you need. If you find that you've forgotten something you desperately need, have a friend bring it to you later.
- ✓ More than one bag. It's only 36 hours, and with 600 dancers space is limited.
- ✓ Your cell phone charger...there will be no place for you to plug it in so please leave it at home.

Nutrition and Fitness

Its time to get your body ready for 36 hours of cardiovascular fun!!

Your Goal

To condition your heart, build endurance, and increase muscle strength.

How can you do this??

- 3 days a week do:
 - o 1 hour of aerobics
 - o 30 minutes of walking/jogging
 - o 30 minutes of life cycling/Stairmaster
 - o 30-45 minutes of biking/swimming

Where can you do this??

- SRSC and HPER

Nutrition Hints

THE GOOD

- complex carbs→ breads, grain, pasta
- proteins→ fish, chicken, cottage cheese, peanut butter
- Fruits and Veggies (You need lots of vitamin C to prevent colds)
- Low fat yogurt and milk
- At least 8 glasses of WATER a day!!

THE BAD

- Caffeine→soft drinks
- Excess sweets
- Fatty Foods→ fried foods, ice cream
- Overabundance of red meat

THE UGLY

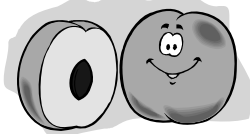
* **IUDMC Alcohol Policy:** The Indiana University Dance Marathon Council in no way condones the use of alcohol or any illegal substance during activities related to the Dance Marathons. These activities include driving to and from fundraising destinations and fundraising at these locations. IUDMC requires that all groups abide by the state

and local laws concerning the sale, possession, and use of these substances. Any group reported to be in violation of this policy will be subject to investigation by the Dancer Relations committee and IU DMC. Any group found guilty of such violations could be subject to Dance Marathon penalties as well as appropriate Indiana University judicial actions.

The Ultimate Dancer

POSITIVE ATTITUDE

HEALTHY FOOD



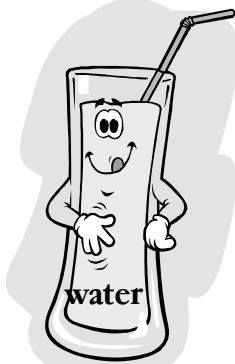
LOTS OF MONEY



COMFY T-SHIRT

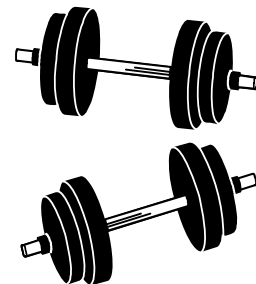
COMFY CLOTHES

PLENTY OF WATER



COMFY SHOES

FITNESS & EXERCISE



20 Things to be Happy About at Dance Marathon

- 1. Working towards a goal**
- 2. Seeing happy parents**
- 3. The biggest smile in the world**
- 4. When friends drop in**
- 5. Food and lots of it**
- 6. Hearts warming when friends meet**
- 7. Friendship**
- 8. VOLUNTEERS!!**
- 9. Learning a new dance**
- 10. Ice cream**
- 11. Crowds**
- 12. Doing something that will put a smile on your face**
- 13. Showing a child how much fun life can be**
- 14. Acting goofy**
- 15. Never forgetting the special moments**
- 16. Listening to a child**
- 17. Good bands**
- 18. Eating for free**
- 19. Massages**
- 20. DOING IT FOR THE KIDS!!!**

