

Excess-a-thon What is it?

Like any "a-thon" it is a dedicated time period to commit to doing something to either raise awareness or funding for a worthwhile cause.

The goal of the Excess-a-thon is to do both; raise awareness of the excess in your life (40 pairs of shoes, 27 handbags, dinner out every night...) and give you freedom to eliminate it.

Your excessities are the very necessities of another.

Why should I Participate?

- The excess in your life can help others. Spending 30 days reflecting on the excess that exists in your life, will allow you to see that there may be a better place for some of your possessions that you have accumulated over time. At the end of this time period, we think you will be so aware of your excessiveness that you will fully understand the mission of Excessities. Check out www.excessities.org for more information.
- You'll get a great "I'm Excessive" T-Shirt.
- You'll save money that you would have spent, or time that you would have wasted choosing your daily outfit.
- You'll help support a great charity.



Our mission is to allow charitable giving without diminishing one's bank account. Excessities, Inc. is a non-profit organization which solicits non-monetary contributions, which it then resells through consignment stores, online auctions, auction houses and other venues. Excessities' mission is to make charitable contributions to a variety of 501(c)(3) organizations, which include charities dedicated to the treatment of adult and childhood disease and disorders; various shelters and safe havens for children and adults; centers for education, arts and sciences; and animal welfare groups, as well as other charitable organizations that provide for the needs of a community. Recipient charities are selected by the Board of Directors.

www.excessities.org

Turning Excessities into Other's Necessities



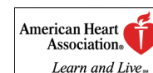
Announces the

2006
Excess-a-thon!

*Join the 30 day commitment to
eliminating excess in your life.*

Participants Welcome!
January 15th - February 15th, 2006

Help your choice of these four great charities:



4 Easy Steps to Join The 1st Annual Excess-a-thon

STEP 1:

Make a commitment to eliminate excess that exists in your life for a 30 day period:

1) Commit to wearing the same outfit for a period of 30 days. Choose one casual and one dress outfit. Launder outfits as often as needed and feel free to accessorize.

OR

2) Commit to purchasing only necessities for a period of 30 days. **NO EXCESSITIES!** No new outfits, handbags, shoes, lipsticks, indulgent food or little knick-knacks and magazines that we find hard to pass up in the check out line.

For your convenience, you may choose a 30 day period starting anytime between January 15th and February 15th, 2006.

STEP 2:

Choose the charity you would like to support.



STEP 3:

Get your friends and family to pledge donations.

STEP 4:

Send in entry form and fee, pledges and T-Shirt size in the attached envelope.

STEP 5:

Enjoy being **EXCESS FREE** for 30 DAYS!

1st Annual Excess-a-thon Participant Form

First Name: _____ Last Name: _____
 Home address: _____ City: _____ State: _____ Zip: _____
 Work Phone: _____ Home Phone: _____ Cell Phone: _____
 Email Address: _____
 Choose Charity: Home Base LUPUS Organic Consumers Association American Heart Association
 Start date: _____ End Date: _____ "I'm Excessive" T-Shirt Size: SM M L XL

Sponsor Sign Up Form

Sponsor Name: _____ Address: _____ City: _____ State: _____ Zip: _____
 Donation Amount: _____ Method of Payment: Check Cash CC#: _____ Expiration Date: _____
 Sponsor Name: _____ Address: _____ City: _____ State: _____ Zip: _____
 Donation Amount: _____ Method of Payment: Check Cash CC#: _____ Expiration Date: _____
 Sponsor Name: _____ Address: _____ City: _____ State: _____ Zip: _____
 Donation Amount: _____ Method of Payment: Check Cash CC#: _____ Expiration Date: _____
 Sponsor Name: _____ Address: _____ City: _____ State: _____ Zip: _____
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 Donation Amount: _____ Method of Payment: Check Cash CC#: _____ Expiration Date: _____
 Sponsor Name: _____ Address: _____ City: _____ State: _____ Zip: _____
 Donation Amount: _____ Method of Payment: Check Cash CC#: _____ Expiration Date: _____
 Sponsor Name: _____ Address: _____ City: _____ State: _____ Zip: _____
 Donation Amount: _____ Method of Payment: Check Cash CC#: _____ Expiration Date: _____

Excessities Release and Indemnification
 I agree, for myself, my heirs, executors and administrators, to not sue and to release, indemnify, and hold harmless, Excessities Charitable Giving, its affiliates, officers, directors, volunteers and employees, and all sponsoring businesses and organizations and the agents and employees, from any and all liability, claims, demands, and causes of action whatsoever, arising out of my participation in this event and related activities - whether it results from the negligence of any of the above or from any other cause. This release and indemnification agreement shall be as broad and inclusive as is permitted by the State of Province in which the event is conducted. If any portion of it is held invalid, the balance shall continue in full force and effect. I have read, understand and agree to the terms of the Agreement.

Participant's Signature: _____ Printed Name: _____ Date: _____

If participant is a minor, parent or guardian must sign below:
 I am the legal guardian of Participant, and I hereby consent to his/her participation. I have read the foregoing release and indemnification agreement, and I hereby agree on behalf of myself and Participant to its terms.

Parent/Guardian Signature: _____ Printed Name: _____ Date: _____