

Step Up for Hope 5K Run, Walk & Stroll, 2009

Last Name	<input type="text"/>	First Name	<input type="text"/>	T-Shirt Size:	<input type="checkbox"/> Youth / Adult <small>S, M, L, XL, XXL (Circle)</small>
Address	<input type="text"/>	Adttl. walkers (in same household)	<input type="text"/>	T-Shirt Size:	<input type="checkbox"/> Youth / Adult
City/Town	<input type="text"/>		<input type="text"/>	T-Shirt Size:	<input type="checkbox"/> Youth / Adult
State	Zip Code	Apt.	<input type="text"/>	T-Shirt Size:	<input type="checkbox"/> Youth / Adult
Phone Number	<input type="text"/>		<input type="text"/>	T-Shirt Size:	<input type="checkbox"/> Youth / Adult
Email	<input type="text"/>				

Are you on a Step Up for Hope team? No / Yes _____
(Team Name) (Team Captain)

Does your company have a matching gift program? No / Yes _____

I cannot attend, but please accept my donation of \$____
Make checks payable to *Tree of Hope Foundation*.

TOTAL AMOUNT ENCLOSED

\$15 x _____ (# of participants) =
\$ _____

Only checks or money orders are accepted for mail-in registration. If you would like to use a credit card, please use the online registration form at: www.treeofhopefoundation.org.

I hereby waive all claims against the Tree of Hope Foundation, sponsors or any affiliated individual for any injury that I may suffer while participating in this event.

Signature (if minor, parent or guardian signature) Date

Sponsors for Hope

Make checks payable to *Tree of Hope Foundation*. Return check and form to *Tree of Hope Foundation, P.O. Box 806482, St. Clair Shores, MI 48080-6482*.

COLLECT DONATIONS AS YOU REGISTER SPONSORS
AND JOIN THE CIRCLE OF HOPE



NAME	ADDRESS	CITY/STATE / ZIP	\$75	\$50	\$25	OTHER	PAID
EXAMPLE: JOE SMITH OF SMITH FAMILY (please print)	123 MAIN STREET	ANYTOWN, MI 48000	X				X

Please attach additional sheets for more sponsors.

**ONLINE REGISTRATION & SPONSORSHIP ARE ALSO AVAILABLE AT
WWW.TREEOFHOPEFOUNDATION.ORG**

GRAND TOTAL

**Sponsors are optional but encouraged.*

Collect and turn in sponsorship donations by event date, June 27. The individual who collects the most sponsors, as well as the members of the team with the most sponsors, will receive wonderful prizes and honorary membership into our Circle of Hope!

Attach additional sponsor lists if necessary.



5K Run, Walk & Stroll at Metro Beach Metropark

Saturday, June 27, 2009

- **REGISTRATION:** All paid registrants receive great food and beverages. Pre-paid registrants are guaranteed a *Step Up for Hope* t-shirt. Pre-registration cost is \$15* and onsite registration on event day is \$20. *All mail-in registration must be received by 6/20/09. All online registration must be received by 6/20/09.

Pre-register by mail or online (www.treeofhopefoundation.org). Complete form is on reverse side. Only checks or money orders are accepted for mail-in registration. Online forms can accept Visa, Mastercard, Discover and American Express.

You can help further by collecting additional donations from sponsors. Turn in collections day of event.

- **TIME:** Check-in opens, rain or shine, at 8:15 a.m. Runners begin promptly at 9:00 a.m. Walkers follow at 9:20 a.m. Raffle drawings begin at 11:00 a.m. in the activities center.
- **LOCATION DETAILS:** Metro Beach Metropark is located at 31300 Metro Parkway in Harrison Township, 48045. From I-94, exit onto Metro Parkway EAST. Go approximately 3 miles to Metro Park toll booth and proceed to main parking lot. Event will be marked.

There is a \$4 vehicle entry fee. Once inside, feel free to enjoy the entire facility, including the beach, playground, sprinkler/spray park and more.
- **COURSE DETAILS:** The 5K course is flat and paved, with liquid aid and mile markers. Parents must accompany small children. Though the course is measured, competition is not emphasized. No pets.
- **TEAM UP FOR HOPE:** We welcome teams to walk or run as a symbol of unified hope (4-person minimum). Get creative! Give your team a name, coordinate your event day apparel (e.g., matching hats) and have fun! Top fundraisers will become members of our Circle of Hope, a distinction for outstanding Tree of Hope volunteers.

- **RAFFLES & DRAWINGS:** The cash raffle is back. Purchase a \$1 raffle ticket and you will have a chance to win seven possible cash prizes: one \$1,500 winner, one \$500 winner and five \$100 winners. Tickets are available prior to and on event day. The drawings will begin at 11 a.m. You need not be present to win.

Fabulous tin-can raffles, touting valuable sports memorabilia and other prizes, will be available at the event (in the Metro Beach activities center). Tickets are \$1 each or six for \$5. Enter only for the items you would like.

All proceeds benefit the Tree of Hope Foundation.

The Tree of Hope Foundation

is a non-profit organization founded in 2005 to promote research, education and awareness of postpartum-related mood disorders. Tree of Hope helps by:

- Hosting five free weekly support groups led by professional, licensed therapists
- Distributing literature to newly discharged mothers at Beaumont Hospitals and Huron-Valley Sinai Hospital, and to other physician offices and individual women as needed
- Hosting continuing education seminars for medical professionals
- Operating a lending library with resources and books about postpartum depression and related topics
- Working with community groups and organizations to make assistance more widely available



P.O. Box 806482, St. Clair Shores, MI 48080
(877) HOPE 311
www.treeofhopefoundation.org