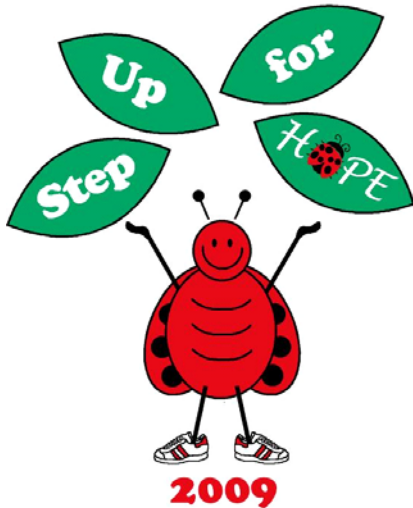


Step Up for Hope 5K Run, Walk & Stroll

to benefit the postpartum support programs established by Tree of Hope

Saturday, June 27, 2009

Metro Beach Metropark
31300 Metro Parkway
Harrison Township, MI 48045



- **REGISTRATION:** All paid registrants receive great food, beverages and gift bag. 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 at www.treeofhopefoundation.org.

- **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.

- **RAFFLES & DRAWINGS:** 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.

Sponsored by



Tree of Hope Foundation
P.O. Box 806482
St. Clair Shores, MI
48080
(877) HOPE 311
(877) 467-3311

www.treeofhopefoundation.org

All proceeds benefit the Tree of Hope Foundation, 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 in St. Clair Shores, Rochester Hills, Clawson, West Bloomfield and Commerce Township, and by providing educational resources and support to new mothers, families, and medical and health professionals.

To register, or for more information, visit:
www.treeofhopefoundation.org