

In 2009...

- ◆ More than 3000 women and children contacted Laurel House for support in dealing with domestic violence
- ◆ Over 200 women & 200 children found safety through Laurel House's shelter
- ◆ More than 250 hours of free counseling services were provided in our North Wales office; that translates into more than \$18,000 of behavioral health care costs if services were sought elsewhere

YES... domestic violence can and does happen in your community!

Please support us as we DASH



Celebrating 30 years of providing a safe haven for abused women and their children and of raising public awareness about domestic violence.

*24 Hour Hotline
1-800-642-3150*

A copy of the Official Registration and Financial Information of Laurel House may be obtained from the PA Dept. of State by calling Toll Free (800) 7320999. Registration does not imply endorsement.



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**October 24, 2010
8am - Registration
9am - 5k Run &
Fitness Walk**

**Upper Gwynedd Township
Facility
One Parkside Place
North Wales, PA**

**11th
Annual**

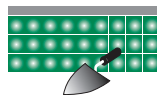
Course Certification # PA 09012 WB



About the organization...

Proceeds from this year's 5K DASH will benefit Laurel House's Nehemiah's Way program which provides transitional housing for survivors of domestic violence. Proceeds will also be used to support the counseling services that are provided out of the Laurel House satellite office in North Wales to help survivors heal from the trauma of domestic abuse.

Nehemiah's Way
A Transitional Housing Project of Laurel House



About the Event...

Date: Sunday, October 24, 2010

Location: Upper Gwynedd
Township Building
One Parkside Place
North Wales, PA 19454

Schedule: 8:00 am— Registration
9:00 am— 5K Run / Walk
10:00 am— Awards & Raffles

New this year: Wellness Fair—8:00am to 11:00am

Entry Fee: \$25.00 prior to 10/19
\$30 day of event

Race results on pretzelcitysports.com



Forms can be duplicated, if necessary. To receive a T-Shirt and to be eligible to win a door prize, participants must pay registration fee on or before Event Day. All pledges money must be received by October 27, 2010.

My Pledges

Win Philadelphia Eagles tickets!

Full Name & Phone Number	Pledge	Collected
1. _____		
2. _____		
3. _____		
4. _____		
5. _____		

Use additional sheets if necessary

Name: _____

Phone Number: _____

Email: _____

Pledge to make a difference & win 2 tickets to a Philadelphia Eagles Game!

- ⇒ This year we are expecting 300 people!
- ⇒ If everyone collected \$50 we could raise \$15,000
- ⇒ Individual (excluding staff & board members) who raises most amount of pledge money will win **2 tickets to an Eagles game.**

Use the form above to track pledges, or create your own on-line webpage to solicit pledges. You can do this by registering for the event on-line at www.laurel-house.org. Once you have registered on-line, you will be able to create your personal page.

Awards:

Overall Top overall female and male runners

Age Group Top female and male age group winners. Age groups are 14 & under, 15-19, 20-29, 30-39, 40-49, 50 & over

Pledges Individual who raises most amount. All money must be submitted by October 27, 2010.

HOW TO REGISTER:

Online (preferred) - www.laurel-house.org and follow the instructions. Once you register on-line it will allow you to create your own on-line webpage for the event to solicit pledges from family, friends & co-workers.

Mail In - Fill out the registration form below; detach and mail with registration fee by October 19, 2010. Please bring your Pledge sheet with you on Event Day.

Race Day - Register at the event (8:00am)

***Due to the large number of participants, pre-registration is STRONGLY ENCOURAGED.**

Participant names may be listed on www.pretzelcitysports.com. If you do not wish your name to be included please contact Jenny Boyer at jboyer@laurel-house.org.

- 5K Run (competitive)
- 5K Fitness Walk (non-competitive)

First Name: _____

Last Name: _____

Age: _____ Gender: _____

Address: _____

City: _____

State: _____ Zip: _____

Email: _____

Phone: _____

I am unable to participate, but would like to donate \$ _____. Please send donation to: Laurel House 5K Dash, P. O. Box 764, Norristown, PA 19401

Waiver: I hereby waive all claims against Laurel House, Nehemiah's Way, Upper Gwynedd Township, The Borough of North Wales, sponsors or any personnel for an injury I might suffer in this event. I grant full permission for organizer to use photographs/video of me in legitimate accounts and promotions of this event.

Signature: _____ Date: _____

Parent/Guardian must sign if participant is less than 18 yrs. Old.