

ENTRY FORM- PLEASE PRINT CLEARLY

Incomplete, unsigned, or illegible forms will not be accepted. Mail completed application with registration fee payable to ***FCR, Inc.*** to:

FCR, Inc., 18 Newton Street, Brockton, MA 02301
by September 24, 2011

___ **5K WALKER:** \$30 suggested pledge donation

___ **5K RUNNER:** \$25 by 9/24/11; \$30 day of race

___ **STUDENT 5K RUNNER**

(12 to 17 years old):

\$10 by 9/24/11; \$15 day of race

___ **KIDS FUN RUN**

(12 and under): FREE

Registration required

Official Use Only

T-Shirt Size (5K Pre-Registered Participants only)

Circle one: **S M L XL XXL**

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Email: _____

Phone: _____

Sex (circle one): **M F** Age on Race Day: _____

Team Name: _____

(if applicable)

Team Captain: _____

(if applicable)

Liability Release: Upon acceptance of my entry, I, for myself, my heirs and assigns, hereby release FCR, Inc., Brockton Public Schools, the Town of Brockton, sponsors, officials and individuals associated with FCR, the Hearts and Hands for Hope 5K and Kids Fun Run from any and all liability arising from illness, injury or death I may suffer as a result of my participation in this event. I attest that I am physically fit and have sufficiently trained for this event and am aware that my participation could, in some circumstances, result in physical injury. I will not bring skateboards, bicycles, scooters, inline skates or dogs onto the course. I give permission for free use of my name and likeness in any broadcast, telecast or written account of these events. I also understand that the entry fee is non-refundable and non-transferrable.

Signature of Participant or Parent/Guardian if under 18 (required)

Date



Our mission is to serve individuals and families whose lives are impacted by trauma at home, school or in their community.

Sponsorship Opportunities

\$500 Silver Sponsor

Your name or logo prominently displayed on a **Mile Marker Sign**, back of the race T-shirt, FCR website and bi-weekly email blasts (clickable to your website) and brand recognition in all race packets. Promotion table provided at event.

\$250 Bronze Sponsor

Your name or logo prominently displayed on a **Sign** along the 5K route, back of the race T-shirt, FCR website and bi-weekly email blasts (clickable to your website) and brand recognition in all race packets. Promotion table provided at event.

\$100 Table Sponsor

Recognition of your company name or logo on the back of the race T-shirt, and brand recognition in all race packets. Promotion table provided at event.

Volunteers Needed

For more info please contact Karen Slaby

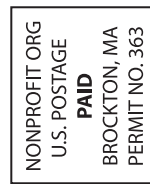
(508) 583-6498

karen.slaby@fcr-ma.org

www.fcr-ma.org



Family and Community Resources, Inc.
18 Newton Street, Brockton MA 02301
T: (508) 583.6498 | F: (508) 583.3775 | www.fcr-ma.org



HEARTS AND HANDS FOR HOPE
5K Run/Walk • To End Domestic Violence
Saturday, October 1, 2011
Register Online: www.fcr-ma.org

Family and Community Resources, Inc.

FIRST ANNUAL HEARTS AND HANDS FOR HOPE

5K Run/Walk and Family Fun Day
To End Domestic Violence

Scenic Course through D.W. Field Park



Saturday, October 1, 2011

Rain or Shine

Raymond Elementary School

125 Oak Street, Brockton, MA

REGISTER ONLINE: WWW.FCR-MA.ORG

Registration: 9:00 AM
¼ Mile Kids' Fun Run: 10:45 AM
3.1 Mile Run/Walk: 11:15 AM

Post-Race Celebration with **FREE** Buffet

MICKEY MALONE'S

347 N. Pearl Street, Brockton

Immediately following Awards Ceremony

2011 PREMIER SPONSOR

Columbia Gas®
of Massachusetts

A NiSource Company

Family and Community Resources, Inc.

HEARTS AND HANDS FOR HOPE

5K RUN/WALK and FAMILY FUN DAY
To End Domestic Violence

October 1, 2011 • 9:00 AM Registration • 11:15 AM Race Start

Pledge Sheet

Set a goal for the amount of money you would like to raise, and then find friends, family and associates to sponsor you. Start by sponsoring yourself, and record your gift too! Almost everyone wants to do something to stop family and community violence...
They just need you to ask them to sponsor you in the 2011 Hearts and Hands for Hope 5K Run/Walk!

Name: _____ Team Name: _____ Company Name: _____
(If applicable) (If applicable)

___ **Yes, my company has a matching gift program and will increase my contribution (attach form).**
___ **I will not be walking/running, but enclosed is my tax-deductible donation in the amount of \$_____.**

Suggested minimum pledge \$10.00. Please make checks payable to FCR, Inc. Contributions are tax-deductible.

Sponsors Name	Address	Phone	Pledge Amount	Amount Collected
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
Grand Totals				

Attach additional sheets if necessary.

IMPORTANT: Collect all money before the walk & turn it in at registration on October 1st to be eligible for prizes.

Family and Community Resources, Inc. is a 501(c)(3) nonprofit organization (tax ID number 04-2616114).



Pledge Tips

Ask Everyone You Know!

Ask family, friends, co-workers, clubs and associations to make a pledge for your effort in the
Hearts and Hands for Hope 5K Run and Walk

Get The Word Out!

Visit our website at **www.fcr-ma.org** to personalize your very own fundraising page and send to people in your email contact list to easily collect pledge donations online.

Take your pledge sheet everywhere you go.

Post your pledge sheet at work or school.

Organize a Team!

Recruit friends, family members, running/walking buddies, neighbors, co-workers and classmates to form a team for a great cause and become Team Captain!

Get Your Company Involved!

Ask your manager or supervisor to walk or run with your team. Challenge your branch offices or other company departments to create a Walk or Run Team. Challenge them to a friendly competition to raise the most to benefit Victims of Domestic Violence.

Ask Your Employer About Matching Gifts!

Ask your manager or supervisor if your company has a program where they will match any donations you raise. If they do, simply request their Matching Gifts Registration Form and attach it to your pledge sheet.

It's Easy to Raise \$250 in 10 Days!

Day 1: Put in your own contribution	\$30
Day 2: Ask your spouse or partner	\$10
Day 3: Ask 5 friends	\$50
Day 4: Ask 3 relatives	\$30
Day 5: Ask 3 co-workers	\$30
Day 6: Ask 3 neighbors	\$30
Day 7: Ask 3 people at church/temple	\$30
Day 8: Ask 3 buddies at the gym	\$30
Day 9: Ask a local merchant	\$10
Day 10: You Did it! Great Job!	\$250

Music, Children's Activities, Giveaways and Prizes!

Please join us for a FREE Buffet at our
Post-Race Celebration
immediately following the Awards Ceremony



347 N. Pearl Street, Brockton

5K Runner Trophy Awards

First, Second, Third Overall Male & Female
First, Second, Third M/F each Age Divisions:
13-18, 19-29, 30-39, 40-49, 50-59, 60+

Set a Personal or Team Fundraising Goal!

Prizes* Include:

Individual Walker or Runner:
\$125 Level: \$25 Gift Certificate to a Local Merchant
\$250 Level: \$50 Gift Certificate to a Local Merchant
\$500 Level: \$75 Gift Certificate to a Local Merchant

Schools or Community Team Walkers or Runners:
\$250 Level: \$25 Gift Certificate to a Local Merchant
\$500 Level: \$50 Gift Certificate to a Local Merchant
\$1,000 Level: \$75 Gift Certificate to a Local Merchant

Business Team Walkers or Runners:
\$500 Level: \$25 Gift Certificate to a Local Merchant
\$1,000 Level: \$50 Gift Certificate to a Local Merchant
\$2,000 Level: \$75 Gift Certificate to a Local Merchant

Note: Your corporate logo and link recognized on the FCR website for all business teams that reach \$500 or greater.

**Prizes awarded based on pledges paid by October 1, 2011.*