

Step Out For Hospice

3-mile Health Walk
5-mile Road Race
1-mile Fun Run

is presented by:



Irish American Club of Woburn



Woburn Friends of VNA Hospice Care



Shamrock Running Club




Woburn Friends of VNA Hospice Care has raised funds for VNA Hospice Care over the past fourteen years to help provide end-of-life services to patients and their families in Woburn and the surrounding communities.

VNA Hospice Care (formerly Hospice Care, Inc.) is a non-profit, Woburn based organization that provides care, comfort and compassion to patients and families facing life-limiting illness and loss- regardless of their ability to pay. For more information about hospice programs, please visit our website: www.hospicecarema.org



VNA Hospice Care
100 TradeCenter, G-500 • Woburn, MA 01801
Phone: 781-569-2888 • Fax: 781-569-2877
www.hospicecarema.org

Entry Fees

-  **1-Mile Fun Run (11:30 A.M.)** \$10
Shirt, prizes, ribbon and refreshments.
Ages 13 and under.
-  **3-Mile Walk (noon)** Pre-register \$30
Hospice sweatshirt (**guaranteed for** (Race Day \$40)
entries received by September 23rd)
and post-race/walk amenities.
-  **5-Mile Road Race (12:30 P.M.)** Pre-register \$30
Hospice sweatshirt (**guaranteed for** (Race Day \$40)
entries received by September 23rd)
and post-race/walk amenities.

How to Register:

- **Mail registration form and sponsorships until September 28th to:**
Woburn Friends of VNA Hospice Care
100 TradeCenter, G-500
Woburn, MA 01801
or
- **Pre-register on-line at:**
www.hospicecarema.org/walkrun2011
until **September 28th**
or
- **Register on the day of event:**
10 a.m.
Irish American Club of Woburn
147 Main Street (next to Walgreens)
Woburn, Massachusetts

For a printable application and more information
go to www.hospicecarema.org
or call: 781-569-2888

Woburn Friends of VNA Hospice Care
Irish American Club of Woburn
Shamrock Running Club

PRESENT

Step Out For Hospice



Sunday, October 2, 2011

14th Annual 3-mile Health Walk
31st Annual Irish American Club
5-mile Road Race
1-mile Fun Run



How to Participate in the 2011 Step Out for Hospice Walk/Run

Begin fundraising. Ask five or more of your friends, co-workers, or family members to sponsor you in the Walk/Run. After getting all your pledges, register online at www.hospicecarema.org/walkrun2011 or by filling out the Registration Form and mailing along with entry fee to:

Woburn Friends of VNA Hospice Care
Attn: Walk/Run Registration
100 TradeCenter, G-500, Woburn, MA 01801

Tips for Fundraising

Tell Your Story

- Why are you fundraising?
- Why is VNA Hospice Care important to you?
- What impact will each donation make?

Set a Goal

Donors want to see their friend succeed! In fact, some will donate again if they know their friend is close to their goal.

Thank Your Donors

Take a moment to tell donors what it means to you or how their donation is helping to support VNA Hospice Care's 100% "Open Access" policy, which provides hospice services to everyone regardless of cost, acuity or ability to pay.

Sponsor Form

Please collect donations in advance and go to www.hospicecarema.org/walkrun2011.

Pledges:

Sponsor's Name	Address/City/State/Zip	Pledge Paid
<i>Joe Smith</i> SAMPLE	<i>123 Sesame Street, Woburn, MA 01801</i> SAMPLE	<i>\$10</i> SAMPLE
1.		
2.		
3.		
4.		
5.		
TOTAL		

Registration Form

Name _____

Address _____

City _____

State/Zip _____

Email _____

Event (circle one)

1-Mile Fun Run	3-Mile Walk	5-Mile Run
\$10	Pre-reg. \$30 (Race Day \$40)	Pre-reg. \$30 (Race Day \$40)

Team Name (if part of a team) _____

Sweatshirt Size (circle one)

Small Medium Large X-Large XX-Large

Gender (circle one) Male Female

Age Group for 5-mile race (circle one)

19 & under 20-29 30-39 40-49 50-59 60-69 70+
Clydesdale M 190+ Filly F 140+ Wheelchair

Mail registration forms and fees to:

Woburn Friends of VNA Hospice Care

Attn: Walk/Run Registration

100 TradeCenter, G-500, Woburn, MA 01801

Disclaimer: In consideration of accepting this entry, I, the undersigned, intending to be legally bound, hereby for myself, my heirs, my executors, and administrators, waive and release any and all rights and claims for losses against the sponsors of this race and/or officials of said event, Irish American Club of Woburn, Inc., City of Woburn, Town of Winchester, VNA Hospice Care, Town and State Police, Fire Department and their representatives, successors and assigns for any and all injuries suffered by me in said event. I attest and verify that I am physically fit and have sufficiently trained for the completion of the event and my physical condition has been verified by a licensed medical doctor. Further, I hereby grant permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, recordings or other records of the event for any purpose whatsoever.

Signed _____

Signed _____

Parent or Guardian if under 18 years old

Can't Walk? Can't Run?
You can still help!
Send a donation today!

Donations and Memorial Donations

A \$25 or more separate donation to STEP OUT FOR HOSPICE will list a relative or friend as a memorial listing in the Daily Times Chronicle and at the event.

PLEASE PRINT CLEARLY:

In Memory Of: _____

From: (as you want it to appear in the listing)

Address: _____

Phone: _____

(For inquiries regarding memorial donations)

Donation Amount Enclosed: \$ _____

(Checks payable to Woburn Friends of VNA Hospice Care)

Please mail donation to:

Woburn Friends of VNA Hospice Care

Attn: Memorial Listing

100 TradeCenter, G-500, Woburn, MA 01801

Thank you for your donation. Your donation is tax-deductible to the extent of the law.

*Registration fee(s) for walk/run are additional