

In 2010...

- ◆ Laurel House provided support to more than 1,500 individuals who were experiencing domestic violence
- ◆ Laurel House sheltered 131 women and provided quality services to 121 children
- ◆ Laurel House provided dating violence presentations to 4,321 children, teenagers and young adults throughout Montgomery County

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

Please support us as we DASH
Against Domestic Violence !



Celebrating over 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) 732-0999. Registration does not imply endorsement.

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October 23, 2011
8am - Registration
9am - 5k Run & Fitness Walk

Upper Gwynedd Township Facility
One Parkside Place
North Wales, PA

12th Annual

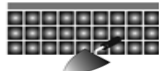
Course Certification # PA 09012 WB



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 23, 2011

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

Schedule: 8:00 am— Registration
9:00 am— 5K Run
9:05 am — 5K Walk
10:00 am— Awards & Raffles

Wellness Fair: 9:00 am— 10:30 am

Entry Fee: \$25.00 prior to 10/20/11
\$30 day of event

Race results on pretzelcitysports.com

Awards:

Overall Top overall female and male runners

Age Group Top 1,2,3 female and male age group winners. Age groups are 14 & under, 15-19, 20-29, 30-39, 40-49, 50 & over

My Pledges

Use the form below 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.

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

Use additional sheets if necessary

Name: _____

Phone Number: _____

Email: _____

This year we are expecting 300 people! If everyone collected **\$50** we could raise **\$15,000!**

So, bring your **family** and **four-legged friends** to the festivities! There will be **face painting**, a wellness fair, and lots of **FUN** for all!



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 20, 2011

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 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 to be received by October 20, 2011. 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)
- 1 mile 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 19404

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.