



1st Annual "1 Run for the Babies of Juarez" Half Marathon • June 14, 2009

Looking for help in keeping your New Year's Resolution to stay fit? Here's an idea for you!

Join us as we run the **Rocky Mountain 1/2 Marathon** for the Babies of Juarez—getting (or staying) fit and raising money for a most worthy cause. What could be better? It's fairly simple to get involved. And the training should be fun as we look together toward the June goal.

Here's how you do it:

1. Make a personal commitment to run or walk the half marathon in June.
2. Grab a pledge sheet (on back) and start collecting pledges or donations from family members, coworkers, neighbors, friends, etc. Sponsors can pledge an amount per mile or simply make a donation. Start spreading the word about your commitment, and ask people for their support. This is a great way to stay motivated! The more people who know what you're doing, the more likely you are to reach the goal. Flyers are available if people want to know why you're running for the Babies of Juarez.
3. Register online in February or March at rockymountainhalf.com.
4. Send me a note at qanderson@comcast.net, letting me know of your commitment. I'll add you to the group list so you can be informed of any updates, race day meeting place, and the finisher celebration. We'll do one or two group training runs leading up to the run. Optional, of course. You'll also receive a T-shirt to wear on race day.
5. Start training. (A very recommended program, if you're looking for one, is created by Hal Higdon and can be found online at halhigdon.com. He helps you prepare for a half marathon in 12 weeks.)

Money can be collected at the time of the pledge or after the event is over. All gifts are tax deductible; checks should be made to **The Shepherd's Way**. Please collect all money and give to Quinn Anderson by June 28.

Once the event is over, we'll give you a note that you can give to your sponsors to let them know how much was raised and a picture of the supplies purchased with their donations. Our desire is to involve as many people as possible as we join together to help the Babies of Juarez.

Thanks so much for your participation. Please contact me with any questions.

Quinn Anderson
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303.858.9903 • qanderson@comcast.net
babiesofjuarez.org

I Run for the Babies of Juarez

Sunday, June 14, 2009

Pledge Sheet

Participant Name: _____

Sponsor Name (please print)	Pledge	or Direct Donation	Total Due	Amount Collected
1.				
2.				
3.				
4.				
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14.				
15.				
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18.				
19.				
20.				
			Total collected:	\$

Make checks payable to "The Shepherd's Way."
Please turn in all donations by June 28.