

It's Race Day

On Site Registration and Packet Pick Up will be open from 8-9:30am.

Cromwell Valley Park
2002 Cromwell Bridge Road
Baltimore, MD 21234

Immediately following the 5K & Mile Fun Run will be the Chick-Fil-A Post Race Party.

Activities and crafts for all kids will open at 9AM and remain open through the Chick-Fil-A Post Race Party. During this time, booths from sponsors and local groups will also be open for your enjoyment.



Thank You

Volunteering:

Hope's Heroes would not be possible without the volunteers who continue to amaze and bless us by making this race happen. We need 100 volunteers each year to pull this event off, so if you would like to help rather than race, please go to www.hopesheroes.com and click on Volunteer Now.

Our Sponsors!

Every year you amaze us with your generosity and support. Thank you for continuing to support Hope's Heroes.

Our Sponsors:



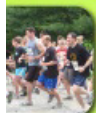
Hope's Heroes 5K & Mile Fun Run



June 4, 2011

Cromwell Valley Park,
Baltimore County, MD

Festivities begin at 9a.m., 5K at 10a.m.
Chick-Fil-A Post Race Party to follow



Hope's Heroes began in 2009 as an opportunity for the community and athletes with disabilities to participate in the thrill of competition alongside each other. In our first year we had 10 challenged athletes participate and in 2010 that number grew to over 30. Our goal is that each year Hope's Heroes would be a place to provide more and more challenged athletes the opportunity to race alongside non-challenged athletes.** Hope's Heroes was formed by Athletes Serving Athletes and Young Life's Capernaum. These 2 nonprofit organizations will receive all the proceeds from the race - including ALL online donations and team challenge funds.

** If you would like to help a challenged athlete participate in the race, please contact Corissa Nicholson at cnicholson@gmail.com or designate so on your race registration and we will contact you.



Athletes Serving Athletes (ASA) provides the opportunity for challenged athletes to pursue an active lifestyle by experiencing the thrill of athletic competition otherwise inaccessible to them.

www.AthletesServingAthletes.org



Young Life Capernaum (YLC) is a Christian organization dedicated to serving young persons with physical and/or mental disabilities. YLC is committed to providing those with disabilities a life full of possibilities, fulfilling friendships, growth, exploration, self esteem, and adventure.

www.capernaumbaltimore.younglife.org

Registration

Online:

Please register online at www.hopesheroes.com and click on "Register Now!" Online registration closes at midnight, June 2nd. Register by May 21st to guarantee yourself a race shirt!

By Mail:

If you would rather register by mail you will need to download a form under the above "Register Now!" link and mail it to:

Hope's Heroes
PO BOX 4222
Lutherville, MD 21094

Do not mail in registration forms after May 21st.

Race Fees:

1 Mile: \$15
5K: Pre-Race: \$30, Race Day: \$40

Packet Pick Up will be held on Friday, June 3rd from 1-7pm at Charm City Run at 2045 York Road, Timonium, MD 21093.

Team Challenge

Now is the time to gather your friends, family or co-workers and be a part of the Hope's Heroes Team Challenge. A GRAND PRIZE will be awarded to the team that collects the most donations. Gather your group, create a name and select a captain. Go to www.hopesheroes.com and click on "Fundraise" and then follow the directions to register your team and captain (a team is any group of 3-10). Make sure every team member fills in the team name in the space provided when they register.

For more details about the team challenge click on the "Fundraise" link at www.hopesheroes.com.

The Grand Prize:

Each member of the winning team gets a healthy living pack filled with gear and accessories to further their active lifestyle.

Prizes & Awards

Race Participants and Top Finishers:

- Every Mile Fun Run finisher will receive a ribbon.
- Age group awards will be given to the top male and female of each group (19 & under, 20-29, 30-39, 40-49, 50-59, 60+).
- The overall top male and female finisher will be awarded \$100 cash prize and free entry to the Chestertown Half Marathon next September, 2011.

Team Challenge and Personal Fundraising Awards:

- In addition to racing to support these 2 charities, you can also collect donations or form a team and race and fundraise together! For more information on the ease of either of these options please visit www.hopesheroes.com and click on "Fundraise".
- Members of the winning team in the challenge will each receive a healthy living pack filled with gear and accessories to further their active lifestyle.

Any top individual fundraisers who raise over:

- \$100 will receive a custom performance running hat
- \$500 will receive a custom performance race shirt and custom performance running hat