##  ROOK \& ROLL for HOPE 5KRUN/WALK

## Have you ever wanted to run a half marathon or a full marathon?

Now you can! Join HomeFront's fight against Homelessness and run a half or full marathon. But you don't need to do it all at once!! Begin now - run a total of 12.1 miles (for a half marathon), or 25.2 miles (for a full marathon) between now and June 8, then join us June 9 for our Rock \& Roll for Hope Run/Walk to complete your LAST MILE! You will receive a HALF MARATHON or FULL MARATHON medal at the awards ceremony at the event.

But there's more - you can help homeless children in our community by asking family and friends to sponsor your half/full marathon. $100 \%$ of the money you raise funds HomeFront's Joy, Hopes, and Dreams award winning summer camp and year round programming for homeless and at-risk children.

You will find your worksheet attached. Just let your family and friends know you are running and ask them if they'd like to support you in helping Homeless Children in Mercer County. They can sponsor you per mile or with a total donation amount. Please do not ask anyone for donations without permission from your parents.

MILE TRACKER
YOUR NAME:
YOUR EMAIL: $\qquad$
YOUR PHONE \#: $\qquad$

Record your miles here:

| Date | Number of Miles | Total to Date |
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## DIRECTIONS TO JOIN HOMEFRONT'S HALF/FULL MARATHON

1) Register: Go to homefrontnj.org to register, join or create a team, and create a sponsorship page if you like.
2) GET SPONSORS: Bring the SPONSOR WORKSHEET or Send your Personal Web Page to friends, family, neighbors, etc. to ask if they will sponsor your half or full marathon. KIDS: Be sure to get your parents' permission before you ask anyone. Do not go door to door without a parent! Have your sponsors fill out the information on the Sponsor Worksheet. Be sure to collect a check or cash at the time your sponsor signs up (or before the event). Checks should be made out to HomeFront.
3) START YOUR MARATHON: Begin walking or running and record your miles on the MILE TRACKER. You can include walking or running at gym class as well as what you do on your own.
4) SAVE THE LAST MILE: Run/Walk either 12.1 or 25.2 miles by June 9 , but save your last mile for HomeFront's Rock \& Roll for Hope Run/Walk. It will be a really fun event with live music, food and awards. Join us on Sunday, June 9 at 8:00 am to register for your LAST MILE and receive your award! Be sure to arrive at the ETS Campus (660 Rosedale Road, Princeton) by am.
5) CAN’T ATTEND JUNE 9? NO PROBLEM: You can still participate! Once you've completed your 13.1 or 26.2 miles, you can bring or send your Mile Tracker and Sponsor Worksheet with your donations to HomeFront, 1880 Princeton Ave., Lawrenceville, NJ 08648 (Attn: Suki Wasserman). If you email Suki at sukiw@homefrontnj. org you can arrange a time to pick up your medal and see HomeFront's headquarters building.
