



“Changing lives... one life at a time”

- **Spread the word...** Simply forward this web link to as many of your fitness friends as possible, and talk it up at your Gym! We purposely made it an easy name to remember.... **pumpandrunrace.com!**
- **Fliers at your Gym...** Many of the Big Gym Networks have allowed us to put up Table-top displays and fliers. Will you help get your Gym on board? E-mail us back, and give us a way to contact you. With your help, we can get your Gym to join our team!
- **Help at the Event...** there are numerous things which you can do, and in many cases, you can help out, even if you still intend to compete! Here is a list of things where we still have needs:
 - 1.) Race Day Program... do you know a printer who might be willing to donate this service, or at least provide a good discount!?
 - 2.) Race Day Signs... will have to get additional signs made... same as above!
 - 3.) Orange Cones... any line on these?... we're always short these rascals!
 - 4.) Water Bottles, Drinks, etc... any “ins” with Beverage or Food Companies!?! We would love to get these donated, or at least get a good discount for a great cause!
 - 5.) Tent, Chairs, etc... any connections with Party Rental Companies!?! Although there is a shelter we have rented at the site, we would also like to add a tent, so people can just hang out and get to know one another... before, during, and after the event!
 - 6.) Water Stations on the race course... we would love to have at least three water stations... could you help hand off water bottles to the racers?
 - 7.) Administration during before the race... taking money, helping weigh people, spotters, etc (all of this can be done after you do your pumps, so you can still compete!)
 - 8.) Things I haven't thought of... could you make certain you do all of these too!?! (smiles)
- **Fitness Equipment Donations...** we are always needing additional equipment at the gym. Do you have any extra weights, fitness machines, tread mills, scales, etc? We are only interested in equipment in excellent shape, because we strive to create a very uplifting environment for the people we serve.
- **Cash Donations...** go to www.focas-us.org/lordsgym.htm. This is what keeps the Gym up and running! If you make a contribution, make sure to say you are part of the Pump and Run Team! All donations are tax deductible!

NOTE: Simply e-mail us at pumpandrunrace@yahoo.com, if you can help out in any of these areas above. Also, make sure we have a way to contact you by phone too (preferably cell!). Please specify the area which you can help listed above. If there is another way you can help, please suggest something other than listed above. **Thank you for caring!**