



The 4th Annual Run for Tomorrow's Hope

Saturday, March 30, 2019

The 4th Annual Run for Tomorrow's Hope directly benefits the Foundation and the students and families served within the Diocese of Rockville Centre. It is comprised of a 1-mile Fun Run and 5K Race professionally timed by *Elitefeats*. Last year there were nearly 1,000 runners and over \$20,000 was raised for tuition assistance aiding students throughout the Catholic elementary schools on Long Island. In addition to the important fundraising aspect, The Run for Tomorrow's Hope also offers a unique opportunity for our schools to come together and to showcase the spirit and vitality of Catholic elementary school on Long Island. **We need your help** to make this year our best Race to date!

Getting Started

Who

- ✓ The race is open to all who wish to participate--children, parents, grandparents, clergy, neighbors, colleagues etc.—participants can enjoy the Fun Run, competing in the 5K, or coming to cheer on the sidelines! There are varying age categories for all competitors, so everyone has a chance to take home a medal.
- ✓ All children finishing the Fun Run will get a prize.
- ✓ Signing up for the Race is simple and can be done by visiting www.tomorrowshopefoundation.org/events and choosing the 5K Run for Tomorrow's Hope tab. This will bring you to our custom Elitefeats homepage where you can register and view all event details.

What

- ✓ The school with the highest percentage participation will win the St. Joseph's Cup as well as an exclusive prize TBD.
- ✓ Please consider appointing a Run for Tomorrow's Hope champion in your school to assist in facilitating all efforts including acquiring support and participants--this can be an administrator, pastor, teacher, parent or member of the community who is passionate about running and/or your school! Once established THF staff as well as the Race coordinators are willing and able to assist in their efforts!
- ✓ Consider including 5K tools and techniques in your physical education curriculum to boost interest and understanding among students.

- ✓ Distribute fliers and hang posters (provided by THF) throughout your school to raise awareness.
- ✓ Consider creating a **CUSTOM** race day t-shirt for your school through CREATEMYTEE. Please see attached for more details on creating and ordering shirts at a discounted rate. Please note all runners receive a T-Shirt when they register for either the Fun Run or 5K Race. (Please note – all runners receive a race t-shirt on race day. The custom shirts are optional, but will serve as an outward sign of your school spirit at this event!)

When

- ✓ The 4th Annual Run for Tomorrow's Hope will be held on Saturday, March 30, 2019. The Fun Run starts at 8:30 am and the 5K Race starts at 9:00am. RAIN OR SHINE
- ✓ Registration is open now. **PLEASE ENCOURAGE ONLINE SIGN UP. Discounts are available for Catholic School teachers and clergy!**
- ✓ To guarantee a Race day tee-shirt and name on your Running Bib please register by 3/9.

Where

- ✓ Hosted by St. Joseph School: 450 Franklin Avenue, Garden City, NY 11530

Why

- ✓ The mission of Tomorrow's Hope Foundation is to ensure the excellence as well as the continuance of Catholic schools on Long Island, by increasing awareness and by providing scholarships and program funding for the needs of students and schools.

Please contact Meaghan Kelly of Tomorrow's Hope, or Michael Spinelli, race coordinator with any questions or for additional information:

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