

Dear Team Hope member,

We are so excited to have you as part of Team Hope! This is a wonderful opportunity to bring the hope of Jesus to the forgotten and suffering children of Thailand and Cambodia. You are demonstrating great courage! Your commitment to this cause will be a blessing to many. This year we will be focusing on perseverance- the perseverance that it will take to complete your fundraising, your training and your race. Hebrews 12:1-3 tells us to “throw off the sin that so easily entangles us and run with perseverance the race marked out for us.”

In joining with Team Hope, you may be undertaking a great physical challenge! The next several months, I hope, will be a time of encouragement, challenge and a chance to grow in your faith. James 1:27 says, “Religion that God our Father accepts as pure and faultless is this: to look after orphans and widows in the distress and to keep oneself from being polluted by the world.” Your willingness to help support these children is pleasing in God’s eyes.

I am looking forward to getting to know each of you and seeing how the Lord is going to bless you and Team Hope! I have been praying for you and will continue to pray as we take this journey together. Please feel free to contact me at any time with any questions or concerns. I hope that you are as excited as I am about tackling your event at your upcoming race!

In Hope,

Diane Tirakis  
[dtirakis@hotmail.com](mailto:dtirakis@hotmail.com)  
330-345-5779  
1489 Springwood Dr.  
Wooster, OH 44691

*How to Participate in a Team Hope race:*

1. Complete registration form and medical release on the website [www.graceteamhope.org](http://www.graceteamhope.org)
2. Send \$15 registration fee made out to Wooster Grace Brethren and medical release to:  
Diane Tirakis  
1489 Springwood Dr.  
Wooster, OH 44691  
mark "Team Hope registration" on memo line
3. Download instructions and training plans from website (please follow fundraising instructions!)
4. Attend Team Hope kickoff and training meetings
5. Register and pay for the race you choose to complete
6. Write fundraising letters or complete other fundraising events
7. Train- most races require a minimum of 10 weeks training
8. Race!
9. Send thank you letters and receipts to your donors

*We welcome all skill and fitness levels to join Team Hope, however, please be advised that undertaking an endurance event requires a time commitment and gradual increase in training. We recommend at least 3-6 months of consistent walking or running before beginning a training program for a half or full marathon.*

*Also, please note that Team Hope is primarily a fundraising effort. It is our goal to raise funds for orphans and at risk children while helping individuals complete their race goal. If your desire is just to complete a race, then race! If your desire is to help children and raise funds, then we are excited to have you join Team Hope!*

# TEAM HOPE

## Instructions for Fundraising...

1. Compile a list of possible donors. Be sure these are people with whom you have a relationship or personal acquaintance.
2. Mail letters along with self addressed, stamped envelopes, and donation form NO LATER THAN 1 month prior to your race. Be creative- host a lunch or dinner and charge admission, have a rummage sale, etc.
3. Have all checks returned to you and made out to Wooster Grace Brethren Church. Please have checks marked "Team Hope" in the memo line. Fill in record keeping form for your own record of donations.
4. Send receipt to donors which will be for their tax purposes. If you do not do this, they cannot claim the tax deduction!!!
5. Donations are due to you 1 week post race.
6. Submit all donations *with record keeping form* to:

Diane Tirakis                      OR      Central Supply Box 63 WGB  
1489 Springwood Dr.  
Wooster, OH 44691

*Please submit donations as you receive them!!!!*

Please have donations turned in 1 month post race.

Possible Donors:

Family members/ friends/ Neighbors

Babysitters/daycare

Health club workers

car dealers/ mechanics

Children's teammates' parents

Co-workers/ Employer

Attorney

Doctor/ Dentist

Sunday School Class

Hair Stylist

### **Team Hope Fundraising Tips and Tricks**

1. Start Early! Tell everyone you know what you are doing.
2. Host a bake sale at work- ask for donations of baked goods and sell them.
3. Have a garage or rummage sale and donate the proceeds.
4. Offer your talents and abilities for a charge- baby-sit, clean a neighbor's house, sell raffle tickets for a dinner you will cook. Be creative with what you can do!
5. Show pictures of the orphans and tell their stories- the faces speak volumes to people.
6. Ask, Ask, Ask!! By not asking someone to donate, you could be robbing them of the blessing of giving.
7. Write letters, send emails, post on Facebook.

# Team Hope International

## *Ordinary People racing for Extraordinary Need*

Dear \_\_\_\_\_,

I am writing to you today to encourage you to help relieve the extraordinary suffering of children in Southeast Asia. Cambodia is one of the world's poorest countries and it has been ravaged by genocide and corruption. Hundreds of thousands of orphans are left to beg on the streets or work as underage prostitutes just to eat. The poor in Thailand often resort to selling their children into the human trafficking industry in order to buy food. The sex trade industry is rampant in this part of the world.

It is my desire and my goal to be a part of bringing hope through the ministry of Asia's Hope and the ministry of G.R.O.W. (Grace Refuge Outreach Worldwide). I am excited to have joined Team Hope, a marathon training and fundraising effort committed to assisting these important ministries. (Why is this important to you personally...) Asia's Hope was founded in 2001 as a non-denominational, grass roots effort committed to providing spiritual, educational and material needs to the poorest of the poor. They currently operate 15 orphanages in Thailand and Cambodia. G.R.O.W. was founded in 2010 by an incredible woman named Faa Choemue who is native to the Akha Tribe in Thailand. She currently houses 8 children along with her sister that she rescued from her own tribe as well as other Hill Tribes in Thailand. These children have suffered abuses unimaginable to most of us. Today, they are thriving at home, in school and in their love for Jesus thanks for Faa's love and care.

On (race date), I will be participating in the \_\_\_\_\_ portion of the \_\_\_\_\_ Marathon. I am asking you to partner with me on this journey by offering your financial support. Your contribution will directly benefit the children of Thailand and Cambodia. My goal is to personally raise \$\_\_\_\_\_. All donations are tax deductible. Up to 5% of your donation may be used for administrative costs. Will you prayerfully consider unleashing the hope through your prayers and financial donation? Please be sure that your donation is above and beyond what you have committed to your local church and other ministries. Please use the enclosed form and **return to me by**

\_\_\_\_\_.

Sharing the Hope,

## Team Hope

*Ordinary People racing for Extraordinary Need.*

Please complete and return your tax deductible donation **NO LATER THAN** \_\_\_\_\_.

**Please be sure checks are made out to:**

**Wooster Grace Brethren Church. Please mark Team Hope in the memo line.**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_

Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email (optional) \_\_\_\_\_

Enclosed is my donation of:

\_\_\_\_\_ \$10.00

\_\_\_\_\_ \$13.00 (\$1/ mile of half marathon)

\_\_\_\_\_ \$26.00 (\$1/ mile of full marathon)

\_\_\_\_\_ \$50.00

\_\_\_\_\_ \$100.00

\_\_\_\_\_ other – please specify \_\_\_\_\_

Return to:

Tax receipt examples- choose 1 and send to all donors

Wooster Grace Brethren Church  
4599-A Burbank Road  
Wooster OH 44691

Dear \_\_\_\_\_,

Thank you for your support of "Team Hope." Your contribution of \$\_\_\_\_\_ will help us rescue orphans in SE Asia.

Wooster, OH, (DATE)

The above contribution was received with no exchange of goods or services other than intangible humanitarian benefits.

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Wooster Grace Brethren Church  
4599-A Burbank Road  
Wooster OH 44691

Dear \_\_\_\_\_,

Thank you for your support of "Team Hope." Your contribution of \$\_\_\_\_\_ will help us rescue orphans in SE Asia.

Wooster, OH, (DATE)

The above contribution was received with no exchange of goods or services.

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Wooster Grace Brethren Church  
4599-A Burbank Road  
Wooster OH 44691

Dear \_\_\_\_\_,

Thank you for your support of "Team Hope." Your contribution of \$\_\_\_\_\_ will help us rescue orphans in SE Asia.

Wooster, OH, (DATE)

The above contribution was received with no exchange of goods or services other than intangible religious benefits.

Team Hope  
Helpful Websites:

Runner's World- multitude of info on training, nutrition, hydration, clothes, shoes  
[www.runnersworld.com](http://www.runnersworld.com)

Jeff Galloway- proponent of the run/ walk plan for training  
[www.jeffgalloway.com](http://www.jeffgalloway.com)

Marathon walking- helpful advice for marathon walking training  
[www.marathonwalking.com](http://www.marathonwalking.com)

Training route planner- able to map out a route for your area for any distance  
[www.mapmyrun.com](http://www.mapmyrun.com)  
[www.usatf.org/routes](http://www.usatf.org/routes)

Jenny Hadfield- coach, advice on training, nutrition  
[www.jennyhadfield.com](http://www.jennyhadfield.com)

Flying Pig Marathon  
[www.flyinpigmarathon.com](http://www.flyinpigmarathon.com)

Columbus Marathon  
[www.columbusmarathon.com](http://www.columbusmarathon.com)

Asia's Hope  
[www.asiashope.org](http://www.asiashope.org)

Team Hope  
[www.graceteamhope.org](http://www.graceteamhope.org)

Wooster Grace Brethren Church  
[www.woostergrace.org](http://www.woostergrace.org)

## Tips on Hydrating:

*For runs shorter than 60 minutes:*

- Plain water is adequate every 20 minutes or every 1-2 miles

*For runs longer than 60 minutes:*

- Add drinks with electrolytes (Gatorade, Powerade) either alternating with water or in place of water. Practice before race day to see what your body tolerates.
- Experiment with Gels, power bars, jelly beans, etc. to replace calories and sodium.
- Be sure to follow gels with water to prevent stomach cramps.
- Continue hydrating following your workout for at least 2 hours.

## Tips on Nutrition:

*Pre workout foods:*

- Banans, bagels, whole grain toast with peanut butter, yogurt, oatmeal, or a light meal eaten at least 20 minutes prior to workout

*Post Workout food:*

- For workouts longer than 60 minutes, be sure to replace electrolytes and calories.
- Protein will aid in repair of sore muscles- try adding peanut butter to your recovery food.
- Try to consume 100-200 calories within the first hour following a long workout (60 minutes or more)

**Important:** Do NOT try anything new on race day!! Be sure to experiment particularly on long workout days with what works best for you! Read, read, read! There are lots of great websites covering nutrition and hydration.

## **Team Hope 2012 Official Events**

Cincinnati Flying Pig Marathon\*      Sunday, May 6, 2012  
Half marathon, full marathon, 4 person relay for runners and walkers  
Cincinnati, OH  
[www.flyingpigmarathon.com](http://www.flyingpigmarathon.com)  
*Fundraising goal: \$500 for individuals, \$1000 for team relay*

Buehler's Heart and Sole      Saturday, August 18, 2012  
5K, 10K, half marathon for walkers and runners  
Wooster, OH  
*Fundraising goal: \$250*

Nationwide Columbus Marathon\*      Saturday, October 21, 2012  
Half marathon and full marathon for runners and walkers  
[www.columbusmarathon.com](http://www.columbusmarathon.com)  
*Fundraising goal: \$500*

*\* These events will sell out- be sure to register no later than 1 month prior!*

## **Team Hope Last minute instructions**

\*\*\* Reminder- for the Cincinnati and Columbus events you **MUST** pick up your race packet either Friday or Saturday at the Convention Center - or make arrangements for someone else to pick it up. There is **NO RACE DAY PICKUP!**

### ***Packing List if you are staying overnight:***

- Team Hope shirt
- Shorts/ pants
- Running/ walking shoes
- Socks
- Safety pins (they should provide them, but sometimes run out)- to pin on your number
- Vaseline/ body glide (watch out for chafing!)
- Toiletries
- Hat
- Sunglasses (let's hope it's sunny)
- Sunblock (really, pray for sunshine!)
- Breakfast- bring whatever you are used to eating in case the continental breakfast isn't open early enough or they don't have what you are used to!
- Water to sip on throughout the expo and the evening
- Gus or Gels or Sport beans that you may need during the race
- Throw away shirt or sweatshirt – in case it is cold at the start, you can bring something old to toss to the side as you get warm. If it is raining, many people will wear a garbage bag to keep dry at the start, then tear it off and toss it aside also.
- Dry shirt/ pants/ jacket to put on at the finish line
- Ipod/ mp3 player/ watch