



NEW!
**Run Toward
 the Cure 8K**
 (See Insert for Details)

Two Walk Locations-
Springfield & Greenfield

**Join us and
 Make a Difference!**

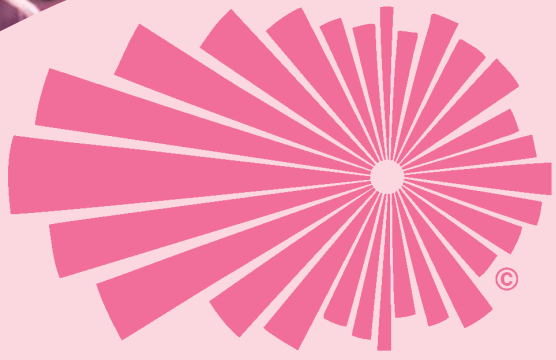
ALL Rays of Hope Funding Stays Local

Rays of Hope Funds:

- Programs and workshops for breast cancer patients and survivors throughout Western New England
- Research on breast cancer detection and treatments
- State-of-the-art equipment
- Wigs, breast prosthesis and lymphedema garments for uninsured breast cancer patients
- Cab ride vouchers for low income breast cancer patients during treatments or office visits
- Breast cancer education programs
- Outreach to minority and overcommitted women
- Funding for breast cancer programs such as Cancer Connection and Cancer House of Hope

Rays of Hope - Our Mission

Our mission is to raise funds to improve the breast health of the people in our communities with quality and compassion in partnership with Baystate Regional Cancer Program's Comprehensive Breast Center.



Rays of Hope

A Walk Toward the Cure of Breast Cancer
 and

RUN TOWARD the CURE 8K

**Sunday
 October 24, 2010**

Forest Park Area, Springfield, MA
 & Energy Park Area, Greenfield, MA



PRESENTING SPONSOR

SPONSORS



Registration Form

Please use one registration form per walker. Additional pledge forms may be photocopied or downloaded at baystatehealth.org/raysofhope

Mrs Ms Mr Dr Other _____

Participant's Name _____

Street _____

City _____ State _____ Zip _____

Tel.# (H) _____ (W) _____

Email _____

Team Name (if applicable) _____

Team Captain _____

Team Co-Captain _____

I am a First-Time Walker Yes No

I am a Cancer Survivor Yes No

I am Walking/Running in Honor of Memory of _____

I am participating by: (check all that apply)

Walking on October 24 Springfield Greenfield

Joining the 10,000 Steps Toward a Cure Program
(Walk with a pedometer in October.) Register online.

Running in the Run Toward the Cure 8K on October 24 (Springfield Only)

I cannot join you but am with you in spirit. Here is my donation.

(Check payable to BHF-Rays of Hope or donate online at baystatehealth.org/raysofhope)

Waiver:

I hereby, for myself and my heirs, executors and administrators, waive all claims against Baystate Health, Baystate Health Foundation, all corporate and in-kind sponsoring businesses and organizations, each city and town along the Rays of Hope routes, their respective employees, trustees, officers, agents, volunteers, independent contractors, and officials from all claims, damages and rights of action, present and future, that may arise out of, or be incident to, any injury I might suffer as a result of participating in the 2010 Rays of Hope Walk and/or Run Toward the Cure 8K. I attest that I am physically fit, and prepared for this event. I do hereby consent to the use of my image by Baystate Health for any and all purposes, including without limitation video, still photographs, publication, and any trade or advertising purposes, providing such uses are not made so as to constitute a direct endorsement of any product or service.

I have read the above waiver and release of liability and consent form, and I hereby agree to its terms.

I understand that I give up substantial rights by agreeing and do agree voluntarily.

If Participant is a minor, the parent or guardian must agree to the below:

I am the legal guardian of Participant, and I hereby consent to his/her participation. I have read the above waiver and release of liability and consent form, and I hereby agree on behalf of myself and Participant to its terms.

Signature _____

Date _____

Important Information

Be a Team Captain

- Organize a team of ten or more people and set a goal to raise \$1,000 or more (\$100+ per team member).
- Receive free T-shirts (with your team name if you register by September 14) while supplies last.

Be an Individual Walker/Runner

- Walk and set a goal to raise \$100 or more – that is only \$10 from 10 people!
- Receive a free T-shirt, while supplies last.
- Participate in Run Toward the Cure 8K. Set a goal to raise \$100 or more. Receive a free T-Shirt, while supplies last.

Be a 10,000 Stepper

- You can still participate even if other commitments keep you from walking in the actual event!
- Register online to join the 10,000 Steps Toward a Cure program and receive a free Rays of Hope pedometer.
- Pledge to walk 10,000 steps (equivalent to 5 miles) during the month of October – Breast Cancer Awareness month!

Create Your Own Webpage

- Use this exciting tool to help you reach your fundraising goal!
- Go to baystatehealth.org/raysofhope and click on "Register."
- Start sending Emails to family, friends, and co-workers.

Matching Gifts

- Ask your sponsors if they have a matching gift program where they work – this is an easy way to double a donation! Do not forget to ask where you work, too!
- Attach your company's matching gift form (after completing your portion) prior to turning in this walk paper.
- Ask your company to be a Rays of Hope Sponsor.

There is no rain date. If you do not walk, or run, for any reason please mail your contributions to: Rays of Hope, Baystate Health Foundation, 280 Chestnut Street, Springfield, MA 01199. Please convert cash into check.



RAYS OF HOPE - SPRINGFIELD & GREENFIELD WALKS

- Registration: 9:00 – 11:00 AM
- Breast Cancer Survivor Photo Shoot: 10:00 AM SHARP!
- Program Begins: 10:15 AM
- Walk Start Time: 10:30 AM
- Run Start Time: Just Prior to Walk (Springfield Only)
- Follow the Pink Ribbons for Each Route (Springfield: 2 & 5 mile, Greenfield: 2 & 3 mile)
- Exhibitors will be at each location. Please be sure to visit them!
- Food is available onsite at minimal cost. Water is provided for free onsite and along the Walk routes.
- For everyone's safety, pets are not allowed at the Walk.
- Restroom facilities are available along the routes, including handicap units.
- There is no rain date. If you do not walk for any reason please mail your contributions to: Rays of Hope, Baystate Health Foundation, 280 Chestnut Street, Springfield, MA 01199. Please convert cash into a check made payable to BHF – Rays of Hope.
- For directions and more information go to baystatehealth.org/raysofhope.

SPRINGFIELD WALK

Route: Start & Finish at Temple Beth El, 979 Dickinson St., Springfield, MA. 2 & 5 mile routes wind through historic Forest Park and surrounding neighborhoods.

Free parking and shuttle service at the following locations:

- American Saw & Mfg. Co., 301 Chestnut St., East Longmeadow, MA
- Blueberry Hill School, 275 Blueberry Hill Rd., Longmeadow, MA
- East Longmeadow High School, 180 Maple St., East Longmeadow, MA
- Longmeadow High School, 127 Grassy Gutter Rd., Longmeadow, MA
- Plastipak Packaging, Inc., 108 Industrial Dr., East Longmeadow, MA

Shuttle service begins at 8:30 AM Remember to leave time to park and shuttle.

There is no parking at Temple Beth El, along Dickinson St., Trafton Rd., Tiffany St., or other surrounding side streets.

For Handicap parking please call the Rays of Hope Office at 413-794-8001.

GREENFIELD WALK

Route: Start & Finish at Energy Park, 50 Miles St., Greenfield, MA. 2 & 3 mile routes wind along downtown Greenfield through beautiful neighborhoods.

Starting at Greenfield Energy Park, the 3-mile walk will take you through downtown Greenfield (Main St.), through Highland Park, past Beacon Field and Baystate Franklin Medical Center before winding back to Energy Park. Those preferring a less hilly route can opt for the 2-mile walk up Main St., across on High St. to Baystate Franklin Medical Center, and back to Energy Park.

Ample free parking is available in the public lots behind Green Fields Market, Wilson's Department Store, Franklin County Court House, and in the Olive St. lot.

Handicapped Parking is available at Energy Park.

No shuttle service is available.

To sign up or for more information, visit baystatehealth.org/raysofhope or call 413-794-8001.



**Lucy Giuggio
Carvalho**
Founder
Rays of Hope



Steve LeFebvre
Chair
2010 Rays of Hope

