



HOOPING THE HALF 2012
Informational Packet

1. MISSION

The mission of Hooping the Half (HTH) is to bring local and nationwide awareness to the Hooping for Hope program. Hooping for Hope is a non-profit program that offers hoops to breast cancer survivors, free of charge. Visit www.hoopingforhope.org for more details. In 2012, HTH will include walkers and hoopers.

2. FUNDRAISING

HTH is our largest fundraiser for the Hooping for Hope program. We rely heavily on donations received from this particular fundraising event. Your participation in fundraising will help our program substantially therefore enabling us to reach more survivors. Money raised will fund the program locally as well as provide hoops to survivors in other states. Each participant is required to meet a \$50 minimum fundraising goal by April 2nd.

- a. First Place Prize – \$200 Gift Certificate to Apple
- b. Second Place Prize – Hot Pink Nano (Value \$150)
- c. Highest Mileage Award - \$60 gift certificate to Fleet Feet

3. TIME COMMITMENT

HTH should be a priority in your schedule from the 14th of January up to the date of the event, April 28, 2012.

- a. Weekly Group Trainings:
For the first month weekly trainings will be held at Shelby Bottoms in East Nashville. Each participant must attend, at minimum, 3 group trainings per month and must meet monthly mileage minimums in order to maintain good-standing for event participation.
- b. Weekly cardio/walking workouts: We highly recommend cross-training on your own several times a week. Suggested activities: Non-hoop walking, jogging, zumba, yoga, pilates.
- c. Mandatory Meetings/Walks:
Hoop Presenting Ceremony/Friday Night Potluck/Hoop Walks: Mile 5, & 10 . (see dates below).

4. FINANCIAL COMMITMENT

- a. Half Marathon Registration:
You MUST be registered for the Country Music Half Marathon and provide your HTH trainer your registration number by March 1st to remain in good standing for event participation.
<http://nashville.competitor.com/register/marathons/>
- b. HTH Registration:
You MUST turn in your HTH registration by Feb 1. Registration (\$80). Checks made payable to Hooping for Hope. Please note that registration fees are not considered tax deductible as these funds will be used to cover costs directly associated to your participation in the event.
- c. Shoes:
Please be prepared to purchase new sneakers if necessary (\$50-100). We recommend that you get fitted at a professional athletic shoe store such as Fleet Feet – 330 Franklin Road, #262, Brentwood TN 37027 (phone 615-373-1123)
- d. Misc Items:
socks, proper cold weather gear.

5. TRAINING

All weekend trainings will begin at 8:00 am, beginning at Shelby Bottoms walking trail for the first month. Weekend training sessions may be cancelled due to inclement weather. Training will not be held in temperatures of 32 degrees and below. Trainings will be held in inclement weather unless otherwise noted. Cancellations will be posted to Google group and the Google calendar by 7am on day of training. {ONLY registered hoopers/walkers may participate in HFH training}.

Participants who elect to hoop will be responsible for providing their own hoops during training. Hoops for event day will be provided at the Hoop Presentation Ceremony in late March/early April.

6. WAIVER/CONTACT INFO

- a. All documents must be signed and on file prior to your first training session.

7. MANDATORY DATES

- a. Hoop Presenting Ceremony/Potluck: TBD in March/April.
- b. Friday Potluck: Friday, April 27 at 6:00pm, shirts provided
- c. Hooping the Half Event Day: Saturday, April 28th
- d. Mile Mark 5: Weekends, Feb 11/12 & Feb 18/19
- e. Mile Mark 10: Weekend, Mar 31/Apr 1

8. FEES

HTH fees collected will cover the following items: Team hoop, team shirt, trainer gifts, hoop stops for day of, supplies for training (water/snacks). Participants who choose to walk and not hoop the event may keep their hoop or donate it to a survivor.

9. EVENT DETAILS

- a. "Day Of Event" Meeting Location: 6:45 AM Walgreens at 31st Ave/West End.
- b. Post-Event Celebration: TBD (friends & family encouraged!)

10. SUPPORT STAFF

These are the people who are going to help us get through training and the day of the event. We welcome friends/family to be a part of our journey by participating as support staff. If you have someone interested in this position, please contact Lauren Augustine, 615.498.3033, theinfamousdiva@hotmail.com for more details.

- a. Training Support Staff:
As our mileage increases, so does our need for water! We are looking for support staff to act as water stops along our route. The longer routes may need 2-3 water stops, so multiple volunteers are needed.
- b. Day of Event Support Staff:
Volunteers are needed to staff 3 hoop stops along the half-marathon route. Volunteers are also needed to accompany the hoopers and to assist us walking and/or on bikes as well.

11. SPONSORS

We are actively seeking corporate sponsorship to help with covering event costs, supplies and HTH registrations for those who might be in need. If you know of a company that would like to sponsor our team in exchange for advertisement on t-shirts, web and printed materials, please have them contact Rebecca Pearson at trflgrl@yahoo.com {NOTE: this is a tax deductible donation and any sponsor you bring in that amount will be counted towards your "final fundraising goal".}

12. PROMOTION

Based on our exposure in previous years, the Nashville community gets very excited about our hooping event. With that said, we would love for you to share with others why we are participating in hooping the half. Avenues such as Twitter and Facebook are great for soliciting donations as well ☺

- a. Business cards/Flyers:
These items will be made accessible to all hoopers during the training.
- b. Facebook/Twitter /Email:
This is a fabulous venue to get your friends excited about what you are doing during your training in preparation for the event.
- c. News/Press Coverage:
Please share our press release with any news/press contacts that you may have.

d. Training:

Buzz is heavily created during our weekend hoop walks. We invite you to talk with anyone who seems interested in what we are doing. Throw a few cards in your sports bra for access to easy advertisement!

13. EMOTIONAL COMMITMENT

Maintaining a positive attitude is very important. You will be pushed. This is part of it. You will be supported. That is another part of it. But- at all times you will be surrounded by other women who are there and willing to help you along the way.

14. TRAINERS

The trainers are a HUGE part of the event. All trainers have completed this event during a previous year and they will be a fabulous resource for you.

a. Team Leader:

Throughout the course of training each participating will be assigned a specific trainer. This trainer will be responsible for checking in with you on a weekly basis to see how your training is going and if you have any questions or concerns. Please notify your team leader of any problems or challenges along the way.

b. Weekend Hoop Walks:

Trainers will be at every weekend hoop walk. They will lead the walks and it is very important that you follow their directions in order to insure the safety of you as a hoop-walker and for those who are sharing the walking path with us.

15. CALENDAR/GOOGLE GROUP

The online google group and calendar is the main form of communication during the training.

a. Google Calendar Online:

This will note all weekend trainings, organized weekday offerings and all other important event dates.

b. Google Group Online:

This is an "announcement only" group. You will only receive announcements that we feel are important for you to read.

c. Facebook Group Online:

We encourage those who are interested in making contact with each other to connect here. This is a private group and not accessible by the public.

16. BIOS

We will have an online section for bios to help participants with their fundraising. Your bio must be turned into us no later than Feb 5th. So, once you register, write your bio immediately! (Share who you are, how long you have been hooping, why you are hooping the half or why you have returned to hoop another year)

17. DONATIONS

All cash and/or checks (made payable to Hooping for Hope) must be dropped off at training or mailed to PO BOX 68040, Nashville TN 37206. Please make sure ALL checks have YOUR name in the subject line so that your fundraising is properly credited. You will receive a copy of those donations at the Hoop Presenting Ceremony and at the Friday Potluck. If you want to send out thank-you notes, please keep a copy of your personal donation records.

18. PRE-REQUISITE

There is no pre-requisite to participate in HTH 2012. We accept hoopers and walkers alike.

I am ready to sign up! What is the next step?

1. Fill out registration card and submit with your registration fee (deadline 2/1/11).

2. You will be notified via email confirmation of your registration.
3. You will be provided links and access to the online google group & calendar and be assigned a Team Leader.
4. Your Team Leader will make contact with you to see if you have any questions.
5. Don't forget to also register for the main event (deadline 3/1) and turn in that registration number to your Team Leader!
6. If you are pregnant or have any serious medical concerns, you will need to get a note from your doctor to participate.

If I have questions, who should I contact?

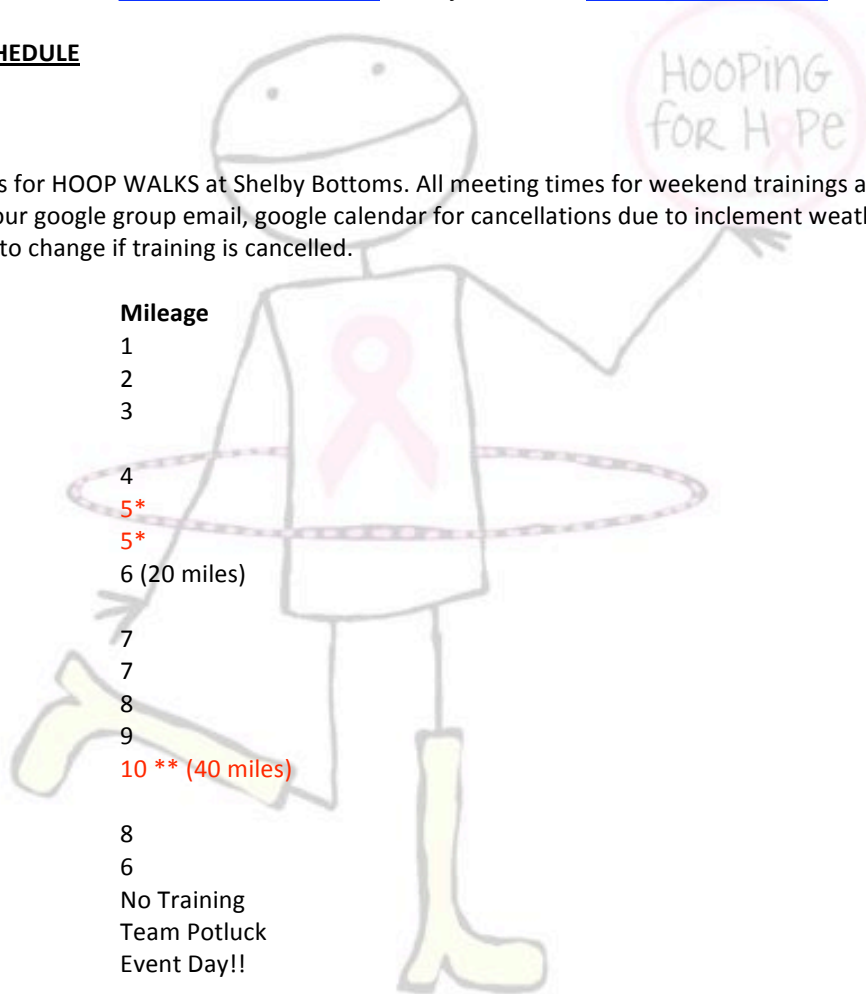
If you have questions please email hoopingthehalf@gmail.com or contact us individually: Rebecca Berrios rkberrios@gmail.com, Jen St. Clair jen.l.stclair@gmail.com or Benja Whitelaw bforbenja@gmail.com.

2012 HFH TRAINING SCHEDULE

WEEKLY HOOP WALKS

The following schedule is for HOOP WALKS at Shelby Bottoms. All meeting times for weekend trainings are at 8:00AM. Please check your google group email, google calendar for cancellations due to inclement weather. NOTE: Mileage may be subject to change if training is cancelled.

Weekend	Mileage
Jan 14/15	1
Jan 21/22	2
Jan 28/29	3
Feb 4/5	4
Feb 11/12	5*
Feb 18/19	5*
Feb 26/26	6 (20 miles)
Mar 3/4	7
Mar 10/11	7
Mar 17/18	8
Mar 24/25	9
Mar 31/Apr 1	10 ** (40 miles)
Apr 7/8	8
Apr 14/15	6
Apr 21/22	No Training
Apr 27	Team Potluck
Apr 28	Event Day!!



*Participation in one of the four 5-mile trainings offered will be mandatory
 ** Participation in one of the two 10-mile trainings offered will be mandatory

ALL HOOPERS MUST HAVE TRAINED A MINIMUM OF 40 MILES IN GROUP TRAININGS BY APR 1 IN ORDER TO PARTICIPATE WITH THE TEAM ON APRIL 28TH. NO EXCEPTIONS.

**Emergency numbers for weekend training:

Rebecca Berrios 580-284-6056, Jen St. Clair 615-330-7986, or Benja Whitelaw, 615-568-3756

HOOPING FOR HOPE 2012 REGISTRATION

First Name: _____ Last Name: _____

Phone #: _____ Email: _____

Address: _____

DOB: _____ Age: _____

EMERGENCY CONTACT INFO

First Name: _____ Last Name: _____

Phone #: _____ Relationship: _____

First Name: _____ Last Name: _____

Phone #: _____ Relationship: _____

MEDICAL INFO

Please list any and all pre-existing medical conditions:

Please list any and all allergies:

WAIVER

I am fully aware that training can be strenuous on my body therefore Hooping for Hope will not be held liable for any injuries that I may receive during the course of training or the day of the event. Should any injuries arise after the event I will not hold Hooping for Hope liable for such injuries. Hooping for Hope Trainers will not held liable for any injuries that I may receive during training, the day of the event or at any time after the event.

Printed Name: _____

Signature: _____ Date: _____

Which weekend group training day do you prefer? (circle one) SATURDAY SUNDAY NO PREFERENCE

Will you be walking or hooping the event this year? (circle one) HOOPING/WALKING

Did you participate in a previous HTH year? YES / NO If yes, which year and who was your trainer?

Do you have a Facebook account? YES / NO

What is the best method for your trainer to be in contact with you throughout training? (circle all that apply)

EMAIL FACEBOOK TEXT PHONE CALL TELEPATHY