

JOIN THE RHYTHM OF LIFE  
**4US 2011**  
FT STEILACOOM PARK  
SATURDAY, JULY 30<sup>th</sup>



- RIDE 4US**  
7:00 am 21, 42 or 70 mile Bike Routes
- RUN 4US**  
9:00 am 5K & 10K Race
- WALK 4US**  
10:00 am 5K & 10K Walk
- FUN 4US**  
9:00 am-1:00 pm Family Fun Festival  
11:00 am 5 mile Family Fun Ride



Register at  
**4US.ORG** ←

Benefits Care Net Pregnancy Centers  
of Puget Sound and centers throughout Washington State

4US (4 UltraSound) is a local, all-volunteer charity with a statewide impact and a national vision. We raise money to purchase ultrasound machines for centers that provide entirely free services to pregnant women in crisis. Upon seeing tiny fingers and toes, and assured of receiving free support as long as it's needed - **96% of women at our beneficiary centers CHOOSE LIFE.**

**BE OUR CHAMPION.** See the reverse side to learn how your friends & family, your business, organization, school, or church can join the rhythm of life.

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Go to [www.4US.ORG](http://www.4US.ORG) and click the GET INVOLVED button today!

4US hosts the nation's only single-day bike ride, run, walk & family fun event on Saturday, JULY 30th at Ft Steilacoom Park.

What can you do 4US?

## 5 WAYS TO BE OUR CHAMPION

**CORPORATE SPONSORSHIP.** Your business can illuminate hope for pregnant women and make an impact for eternity.

- Donate gift certificates/items as fundraising or race prizes.
- Sponsors donating \$500 or more in cash, goods or services will be recognized on our t-shirts and website ([www.4us.org](http://www.4us.org)).
- Build a team, provide volunteers or help market our event.
- All donations are tax-exempt under 501c3 ID# 02-0732247.

**MARKETING.** We're an all-volunteer charity. We want 100% of funds raised to go towards machines, not marketing. Promote our event at your school, church or workplace. We'll provide the flyers, posters, DVDs and registration brochures.

Contact: [Cyndi@4US.org](mailto:Cyndi@4US.org)

**VOLUNTEER.** Our event requires 150 volunteers. There are plenty of fun and worthwhile opportunities to help out at our flagship event and make memories with friends, business colleagues & schoolmates. Our staff will work with you to accommodate your desires. Event registration & t-shirts are free for volunteers.

Contact: [John@4US.org](mailto:John@4US.org)

**RAISE FUNDS.** Can't make the event? Create a fundraising page online, set a goal and receive donations safely & securely. Your gift will echo into eternity.

**LEAD A TEAM.** Recruit friends & family to join a team. Teammates can take part in any (or all) events. Create a team fundraising page online, set a goal and receive donations safely & securely. Earn great incentive prizes.

### 4 FAMILY-FRIENDLY EVENTS. 1 LIFE-CHANGING DAY.

You could ride 21 miles, run a 5k, walk 5K, then do the 5 mile family fun ride for one low fee. Plus, your kids can enjoy the Fun 4US family festival with music, inflatables, 1K kids run and diaper dash. Kids 10 & under are free. Free t-shirts, photo, massages and pancake breakfast for all paying participants. Registration fees go up on JUL 1st. Go to [www.4US.ORG](http://www.4US.ORG) and click the GET INVOLVED button to register.

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