



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 orphans and children at risk for human trafficking in Southeast Asia. You are demonstrating great courage! Your commitment to this cause will be a blessing to many.

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 you will make a difference for these children and for 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@teamhopeintl.org](mailto:dtirakis@teamhopeintl.org)



## **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. You may choose to use social media or email to ask for donations.
4. Have all checks returned to you and **made out Team Hope International**. Please have checks marked with your name in the memo line. You should keep track of your donations as they come in.
5. Donors may also donate on our website at [www.teamhopeintl.org](http://www.teamhopeintl.org).
6. Donations are due to you **1 week post race and must be turned in 1 month post race.**
7. Submit all donations to:

Team Hope International  
1489 Springwood Dr.  
Wooster, OH 44691

OR Central Supply, Wooster Grace

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

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. Facebook, email, Twitter, etc.
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- babysit, 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 lots of people for small donations.
7. Ask, Ask, Ask!! By not asking someone to donate, you could be robbing them of the blessing of giving.

\* Make it easy for people to give!

Sample fundraising letter. May be reproduced.



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

I am writing to you today to encourage you to help relieve the extraordinary suffering of children in Southeast Asia, particularly those in Northeast India. India is one of the world's poorest countries and it has been ravaged by the caste system and corruption. Hundreds of thousands of orphans are left to beg on the streets or work as underage prostitutes and slaves just to eat. India has the world's largest child labor population with estimates upward of 50 million. The poor in these areas often resort to selling their children into the human trafficking industry in order to buy food. The sex trade 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 I am excited to have joined Team Hope International, a marathon training and fundraising effort committed to assisting this important ministry. (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 23 orphan homes in Thailand, Cambodia, and have recently opened 2 homes in India. Funds raised by Team Hope International will go toward opening new orphan homes in India, thereby rescuing precious children and providing a chance for a family, education and safety.

On (race date), I will be participating in the \_\_\_\_\_ (race). I am asking you to partner with me on this journey by offering your financial support. Your contribution will directly benefit the children of SE Asia. 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,



Please complete and return your tax deductible donation **NO LATER THAN** \_\_\_\_\_ . **Please be sure checks are made out to: Team Hope International with my name 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:



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)

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.



*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