



PARTICIPANT INFO PACK



Five Things You Need to Know!

1) Dates and Times:

Sunday, September 6th, 2009
Registration Opens: 9:00 am
Run Starts: 11:00 am
Party on the Green: 12:00 noon

2) Your \$25 Registration Fee Includes:

Rock & Rock for Africa T-shirt
Swag Bag with some fun giveaways!
Post-race food for you and your friends and family.
Access to the Live Concert on the Green in Morristown

3) What cause are we attempting to raise resources for?

1.1 Billion people in the world don't have access to clean drinking water. 80% of all disease is caused by water born illness. We are attempting to raise \$250,000 to purchase a deep water well rig that will drill one well a week in Africa bringing fresh drinking water to 800 - each and every week starting in 2010!

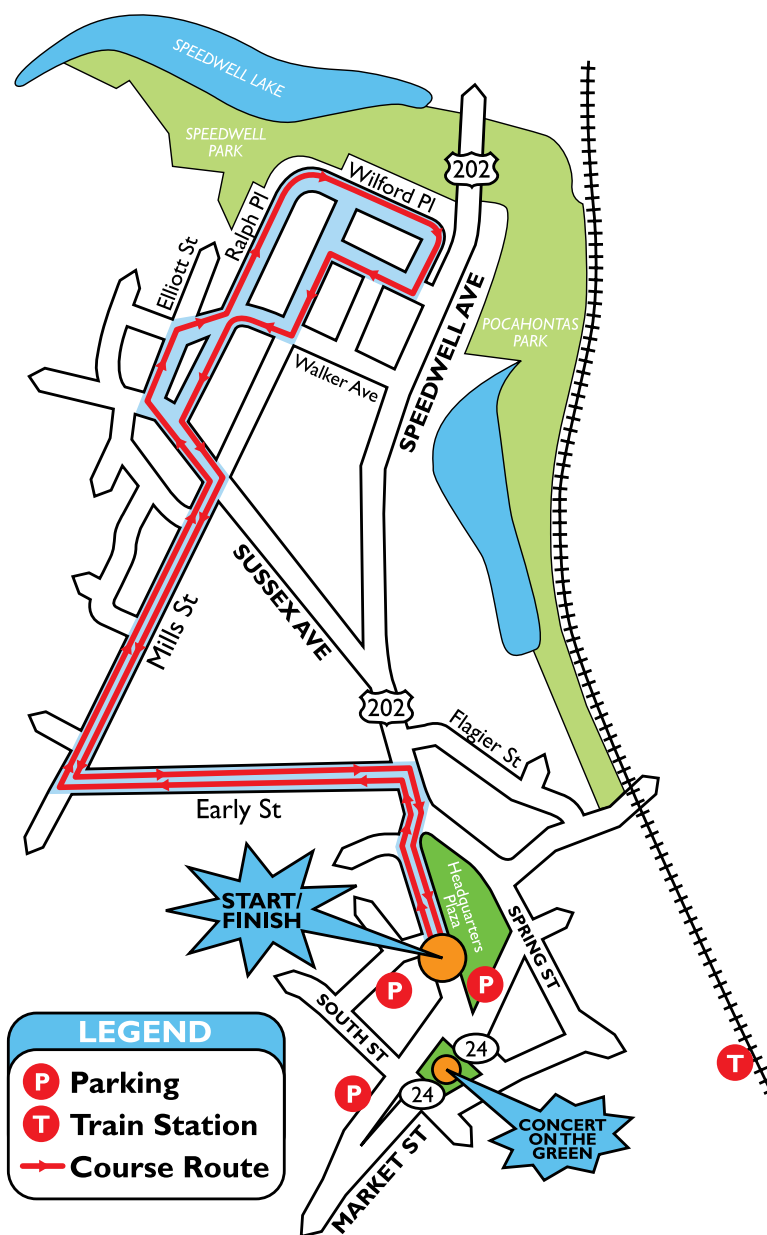
4) What organization is behind Rock and Run for Africa?

Liquid Church is a non-profit (501c3) organization that hosts services at the Morristown & New Brunswick Hyatts. Currently over 1200 people attend our services. As a regular part of our church activities we host large scale "outreaches" that are aimed to serve the practical needs of our community. We look forward to hosting you at Rock and Run for Africa. For more information: LiquidChurch.com

5) Who should I contact if I have questions about Rock and Run for Africa?

Rich Birch - Event Director
rich@liquidchurch.com
973.879.8655

The Route Map



Need help training for the event?

The Couch to 5k Training Plan - <http://www.c25k.com>

Jeff Galloway's 5k Training - <http://www.jeffgalloway.com/training/5k.html>



Now that you've registered . . .
. . . join the cause!

Help us reach our goal of \$250,000 towards a deep water well rig to bring fresh drinking water to families in Africa in 2010.

How to Raise \$250 in 3 Weeks

Week 1

Send email to your family & friends.

Ask 8 friends for \$15

Ask 4 family members for \$25

Week 2

Send an email to your coworkers.

Ask 4 coworkers for \$10

Ask your boss or HR departments about your company's matching program.

Ask 4 businesses that you frequent for a donation of \$10.

i.e. Doctor, Dentist, Dry Cleaners, etc.

Week 3

Send a mass email to all of our contacts updating them on your progress and ask them to help you reach your goal!

Raise \$250 in sponsorships for the event and we'll rebate your registration fee!