

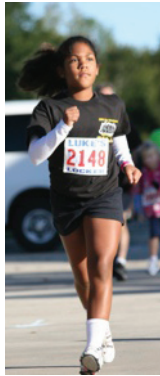
Mission: To empower girls to be leaders in our community, fundraise for local and national cancer initiatives all while developing and instilling an enthusiasm for fitness and running.

Vision: **SOLE impact** envisions this and future generations of girls growing up with the inherent skills of cancer prevention, as well as commonly exercising their young voices as powerful statements of advancement, community and selflessness.

Values: Through education and compassion we will prepare girls to be lifelong participants in fitness and advocates for an end to cancer. We believe that every young girl deserves to be equipped with skills to take her into a healthy adulthood. We will use discretion and integrity as we donate funds nationally and locally in restricted and unrestricted capacities.

The educational component of **SOLE impact** is two-fold: **PHYSICAL EDUCATION** and **LECTURE-BASED EDUCATION**.

- Journaling
- Proper running technique
- Muscle group identification
- How to strengthen and stretch each muscle group
- Cardiovascular health
- Proper running attire
- Cancer prevention:
use of sunscreen,
healthy eating, **NO SMOKING**
- Listening to your body as a health indicator, routine visits to your family physician
- Cancer survivors share their stories
- Use your voice as an advocate
- Guest speakers



Spring Goal: to complete the
2 Mile Tulip Trot
Saturday, May 14th at Market Street

SOLE impact is a 501(c)3 non-profit organization
(Tax ID# 26-0396582) based in The Woodlands, Texas
**Inspiring girls to fitness, philanthropy
and an end to cancer!**

SOLE impact *Founders Circle*

Drs. Kim & Scott Andersen
Jen & Arnie Ballew
Jill & Phil Barber
Nancy & Tom Battle
Brooke & David Baugh
Christine & Mark Bergsrud
Pat & Jack Bertotti
Kim & Mike Bradley
Cindy & Paul Cardone
Lisa & Ken Carrig
Sarah & Mario Coll
Susan & Wes Colwell
Jaquita & Clint Corley
Katie & Fred Cromer
Kim & Tom Dyches
Lee & Dr. John Fackler
Laura & Jody Gaddy
Patti & Jeff Gannon
Lisa & Andy Hall
Tracy & Dr. Travis Hird
Susan & Kenney Holick
Jennie & Dr. Todd Hughes
Kelly & Brady Hull
Karen & Joe Jared
Sue & Tim Johnson
Andrea & Chuck Jordan
Gayle & Kurt Kinnie
Amy & Dr. Vance LeCrone
Susie & Dr. Brandt Lipscomb
Nikki Vaughan-Maczko & Tim Maczko
Memorial Hermann The Woodlands
Dr. Penelope & Matt Miggins
Shani & Tim Monk
Jennie & Mark Moran
Susan & Rich Narta
Drs. Stephanie & Frank Parke
Kristie & Randy Parker
Dr. Kristyn & Chris Payne
Robyn & Jeff Petty
Andrea & Paul Raiford
Drs. Emma & Charles Sims
Jessica & Aaron Surber
Dana & Pearce Weaver
Christy & Randy Wheeler
Michelle & Taylor White
Stephanie & Mike Young



Spring Season 2011

Girls ages 6 - 15

**Leave your SOLEprint
on the world!**



March 29th - May 14th

Tuesdays, 5:30 PM - 6:30 PM

Saturdays, 7:30 AM - 8:30 AM

Grounds of Stonebridge Church,
Research Forest at Branch Crossing

2 Mile Tulip Trot
Saturday, May 14th, 8:00 AM
at Market Street

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Join us as we make SOLEprints to change the world!



I am one young voice, but I can change the world!©

www.soleimpact.org
713-397-3093

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SOLE impact Spring 2011 Registration

Detach here before submitting registration form

First Name: _____

Last Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____

Email: _____

Age: _____ School: _____

How did you hear about us? _____

T-Shirt Size (circle one):

Youth: *Small* *Medium* *Large*

Adult: *Small* *Medium* *Large*

Registration Fee: \$125

Includes SOLE impact session fee,
T-shirt, and 2-Mile Tulip trot
(One individual per form, please)

Waiver and Release:

I know participating in any event or physical activity is potentially hazardous and dangerous. I am in adequate physical condition to participate. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with participation in this event including, but not limited to: illness, falls, contact with other participants, the effects of the weather. All such risks are known and appreciated by me. Having read this waiver, I waive and release SOLE IMPACT, its founders, organizers, volunteers, sponsors and charitable recipients from all claims or liabilities of any kind arising out of my participation in this event. I agree and accept that the entry fee is non-refundable and non-transferable. I grant permission to all of the aforementioned to use any photograph, recording or any other record of this event for any legitimate purpose without charge.

Signature of participant:

Date: _____

Signature of Parent or Legal Guardian:

Amount paid: _____

Check #: _____

**Please make check payable to
and mail registration form to:**

SOLE impact
8000 Research Forest Dr. Ste. 115 #232
The Woodlands, TX 77382

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