

Welcome to the Hike for Life Texas.

Join fellow pro-lifers in the 2014 Hike for Life to help raise funds for Texas area Women's Pregnancy Resource Centers and pro-life groups. You can be a part of their life-saving missions, and help to educate our communities about abortion alternatives – just by hiking for life!



Started in 1973 by members of the Knights of Columbus in Garland, Texas, the Hike is Texas' oldest pro-life event. This 5k Walk and Hike is great for the **whole family!** Help promote **a culture of life** while raising awareness and much needed funds. **We know that this event is saving lives!**

Check out www.HikeForLifeTexas.com for information on each hike event. The course varies with each site but takes about 1 hour to complete. Lots of water is available on the trail with **free hot dogs and beverages** waiting at the end. Local Pro-Life groups will be there to share information and opportunities. For more on your local Hike, see the back panel of this brochure.

Getting Involved Is Easy and Fun!

There are three main ways that you can get involved with Hike for Life:

- 1) **Hike** – take a walk yourself!
- 2) **Help** - promote and work on your local hike, and
- 3) **Give** – donate and/or collect money to sponsor a hiker.



Be a Hiker and Raise Funds!

As a Hiker, you raise money by obtaining sponsors. Your sponsors donate based on you hiking the course. Hikers are also invited to form teams with friends and families to increase their total donation.

Not only is the Hike **loads of fun** with activities, food and friendly competition, but it is rewarding to know that **your efforts help moms and babies in need.**



Ready... Set... GOAL!

First, set your goal - hikers should typically get about \$100 in pledges from sponsors. Teams should shoot for a goal of **\$625 - the cost of saving one baby.** Some hikers will do more and some will do less. All donations are gratefully accepted. **Every hiker who turns in \$25 in donations will receive a commemorative Hike for Life T-shirt.**



How Do I Get Sponsors?

Just ask! Start with friends and family and email all your contacts. Ask them to help you save the lives of our unborn. You'll be surprised how willing people will be to help you reach your goal. Make a list of sponsors and record their donations.

Here's where you start!

Go to www.HikeForLifeTexas.com

1. Go to Participate and select your Hike Site.
2. Check out the information.
3. Register as Individual or Team Captain – no fees!

Or you can sponsor a Hiker by making a donation at our website.

Ask friends to sponsor you by going to your Hike for Life site (above) to make an on-line donation.

Collect checks from sponsors and mail them to the address below. **Please do not send cash.** Money and checks collected before the Hike should be mailed or turned in at the Hike you attend. Donations collected after the Hike must be mailed.

Hike for Life, PO Box 38016, Dallas, TX 75238

Or you can fill in this form, tear it off and mail it in to the address above!

Name _____

Address _____

City _____ State _____ ZIP _____

Donation Amount \$ _____

Shirt Size (for donations \$25 or more) S M L XL XXL

Email _____

(Email is for future updates ONLY—It will NOT be given out!)

Phone (optional) _____

Make checks payable to "Hike for Life" and indicate on the check the Hike Site name and the hiker's name.

1 _____ \$ _____

2 _____ \$ _____

3 _____ \$ _____

4 _____ \$ _____

5 _____ \$ _____

6 _____ \$ _____

ALL DONATIONS ARE TAX DEDUCTIBLE!

The Hike Supports Women and Babies.

Did you Know - Over 90% of expectant moms who are abortion-minded and see a sonogram will choose to deliver their babies. The Hike for Life has helped fund the centers where these sonogram machines are located...we are saving lives. Learn more about the organizations we support at:

www.HikeForLifeTexas.com



8604 Greenville Ave, Ste 102 1902 Record Crossing Rd
Dallas, TX 75243 Dallas, TX 75235
214-631-2402 214-631-2400

www.BirthChoiceDallas.org

A non-profit volunteer ministry bringing compassionate counseling to women at risk of aborting.



8944 Greenville Ave. 4313 N. Central Expressway
Dallas, TX 57231 Dallas, TX 75205
214-221-7711 214-821-6292

www.WhiteRoseWomensCenter.org

White Rose Women's Centers have been serving pregnant women in crisis across North Texas for over 25 years.



The Catholic Pro-Life Committee (CPLC)

The CPLC is the Respect Life Ministry of the Diocese of Dallas.

www.prolifedallas.org



2014 Site Dates

- General Hike Info: hikeforlifetexas@gmail.com
- Dallas (Bachman Lake), October 11, 2014
- Dallas (Flag Pole Hill), October 4, 2014
- Duncanville (Armstrong Park), October 11, 2014
- Garland (Audubon Park), October 4, 2014
- Irving (Campion Trails), October 4, 2014
- McKinney (Erwin Park), October 4, 2014
- Plano (John Paul II HS), September 27, 2014
- Richardson (Breckinridge Park), Oct. 4, 2014
- Waxahachie (Waxahachie Creek Hike & Bike Trail), September 27, 2014
- Rowlett (Lakes of Springfield Park), Oct. 18, 2014
- "Personal Hike" (you choose the date/location)

For Additional Information:



Like Us on Facebook: Hike For Life Texas



**Sponsored by
Knights of Columbus
Open to All**

