



**Memorial Healthcare System and the NFL**  
present the  
**4th Annual FLIPANY 5K / 10K**  
on the Hollywood Broadwalk  
**January 9, 2010**



Dear Community Organization,

**Florida Introduces Physical Activity and Nutrition to Youth Inc., (FLIPANY)** is a non-profit organization that provides affordable nutrition and physical activity education to kids, teens, and adults in Florida. And we have an outstanding opportunity for the members of your organization.

**On January 9th 2010, FLIPANY will proudly host its 4th Annual FLIPANY 5K/10K Run at North Beach Park in Hollywood.**

This exciting event will challenge participants of all ages to a 5K walk/run or a 10K run while gathering thousands of friends and families of South Florida together to support this necessary cause. The **NFL** is proud to support us through the **Miami Dolphins**, who will be **onsite to reinforce the importance of daily physical activity at the Play 60 Kid Zone**. Youth of all ages will compete in punt, pass and kick activities alongside their favorite players and have their event shirts autographed. **Memorial Healthcare Systems**, the largest hospital system in South Florida, is a very proactive supporter of FLIPANY. Memorial is a huge advocate of proper nutrition and health practices. Memorial has aligned themselves with FLIPANY to further their goal which is to ensure fewer hospitalizations for families through the elimination of health problems resulting from lack of exercise and poor nutrition.

On behalf of FLIPANY, I would like to thank you in advance for supporting our mission, **"to improve the health and wellness of the children and their families in Florida."** To achieve this goal, we offer programs such as **Operation Frontline**, an ongoing nutrition program taught by volunteer chefs and nutritionists. **Eat Right, Get Moving, Repeat!**, a fitness program which teaches youth the positive effects of daily physical activity (developing team building and social skills) and healthy eating habits. These programs are only made possible through the generous support of businesses such as yours, parents, volunteers, and our participants.

**Attached you will find an application to win a FREE running training program for members of your organization.** The program will offer an 8-week running training workshop to a minimum of 10 youth plus 10 adults OR a minimum of 30 youth. All program participants will be required to register for the 4<sup>th</sup> Annual FLIPANY 5K/10K making them eligible to participate in the NFL Activities and meet NFL players.

Please feel free to contact us for further details or questions. Otherwise, we hope to receive your completed application via email to [Lkunins@flipany.org](mailto:Lkunins@flipany.org) no later than 4pm on Friday, October 2<sup>nd</sup>.

Sincerely,

*Lynne Kunins*  
Lynne Kunins  
Executive Director  
[www.flipany.org](http://www.flipany.org)  
954-636-2388

Enclosure



# FREE Running Program Application



Thank you for your interest in receiving a FREE running training program provided by FLIPANY. In order to qualify for this program you must first complete this application & submit it to [Lkunins@flipany.org](mailto:Lkunins@flipany.org) **no later than 4pm on October 2, 2009**. And, your "Contact Person" will be notified on the 9<sup>th</sup>. The running program will start the week of October 19, 2009. **The program's goal is to train participants to complete the 4<sup>th</sup> Annual FLIPANY 5K/10K to be held on January 9, 2010 at North Beach Park.** The minimum number of participants you must register are as follows: 10 adults plus 10 youth OR a minimum of 30 youth.

Name of Organization/Agency: \_\_\_\_\_ Date: \_\_\_\_\_

Mission: \_\_\_\_\_

Contact Person: \_\_\_\_\_ Title: \_\_\_\_\_

Mailing Address: \_\_\_\_\_ City/State/Zip \_\_\_\_\_

Phone Contact: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Contact Email: \_\_\_\_\_

Website: \_\_\_\_\_

Why are you seeking to receive an 8-week running training program? \_\_\_\_\_

Please explain how the running program will impact your organization/agency's participants. \_\_\_\_\_

What age group(s) does your organization/agency serve?  7-12  13-17  19+ \_\_\_\_\_

How many participants will you register for the running program and the 4<sup>th</sup> Annual FLIPANY 5K/10K  
(Remember: there must be a minimum of 10 adults and 10 youth per group OR a minimum of 30 youth)? \_\_\_\_\_

Will your organization/agency be able to commit to the fiscal responsibility\* of sponsoring your group to run in  
for the 4<sup>th</sup> Annual FLIPANY 5K/10K?  Yes  No Please Explain how you intend on accomplishing this. \_\_\_\_\_

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\*Cost Breakdown - \$15 per youth (less than 19 years of age) and \$25 per adult (19 years of age or older)

**Please limit your completed application to 2 pages.**