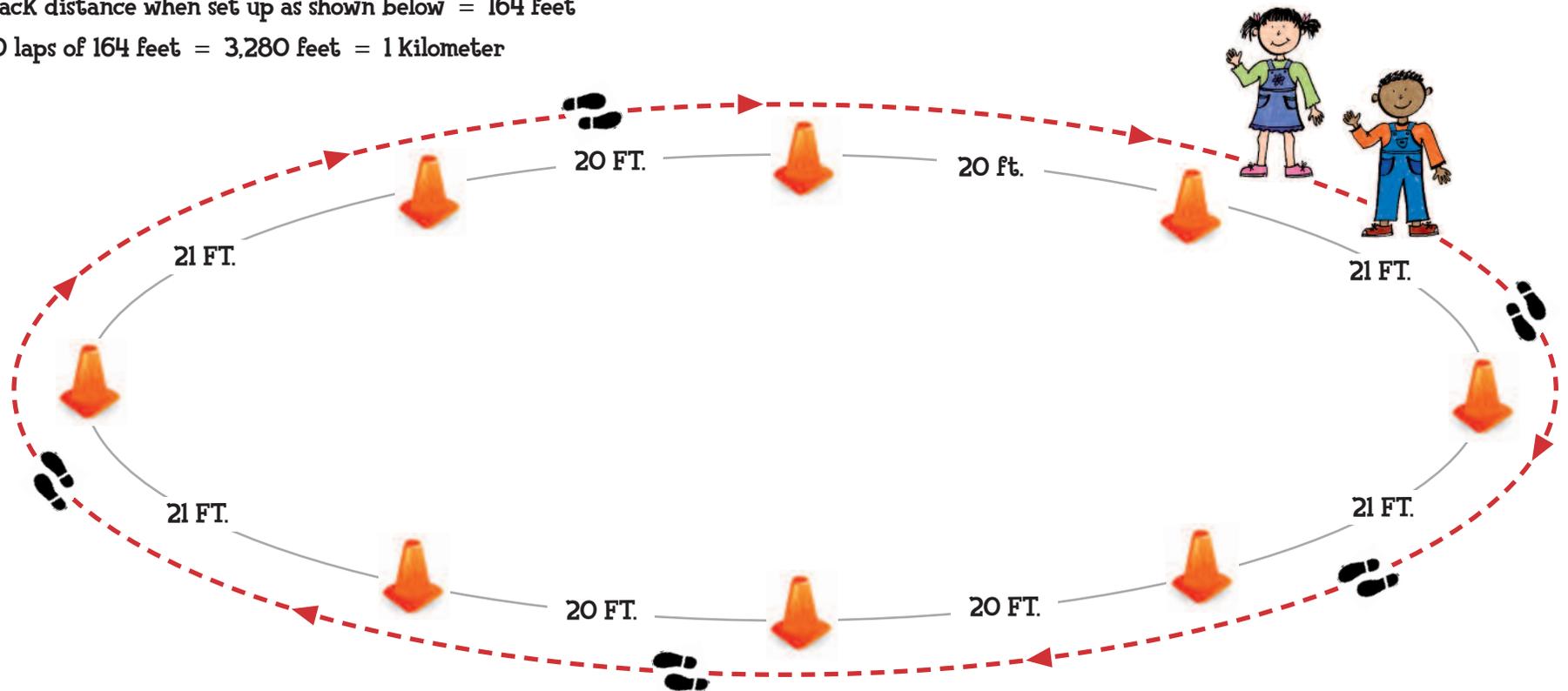


A Simple Plan to Create a 1K Track

1K for **1Kid**

track distance when set up as shown below = 164 feet

20 laps of 164 feet = 3,280 feet = 1 kilometer



TIPS FOR MAKING THE MOST OF YOUR 1K WALK

- If your event lasts one week, break the walk into 4 laps a day and incorporate the MHC Mission Moment stories at the beginning of each day's walk.
- Educate walkers by placing facts about our ministry (located on the back of this track guide) at different points along the walk.
- To add a festive touch to your walk, consider allowing participants to carry banners, flags or crosses as they walk.
- Consider gathering pledges of \$1 per lap and donating it to the 1K for 1 Kid campaign.
- Most importantly, have fun and thank you for your support of the 1K for 1 Kid campaign!

For more information contact Jennifer Cooper at jcooper@mhfc.org or 888.305.4321 ext. 305.



Things you might want to know about Methodist Home for Children:

- Each year, MHC serves nearly 1,400 children and families.
- Kids in our care can get a scholarship to go to college.
- We have 10 group homes.
- We serve kids and families in 42 counties across the state.
- MHC takes care of about 400 kids each day.
- MHC has about 185 kids in foster care.
- 84 cents of each \$1 donated to MHC goes directly to help kids and families we serve.



In service to God, MHC's mission is to build upon the social, physical, emotional, and spiritual strengths of children, youth, and families, and to affirm their worth.

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