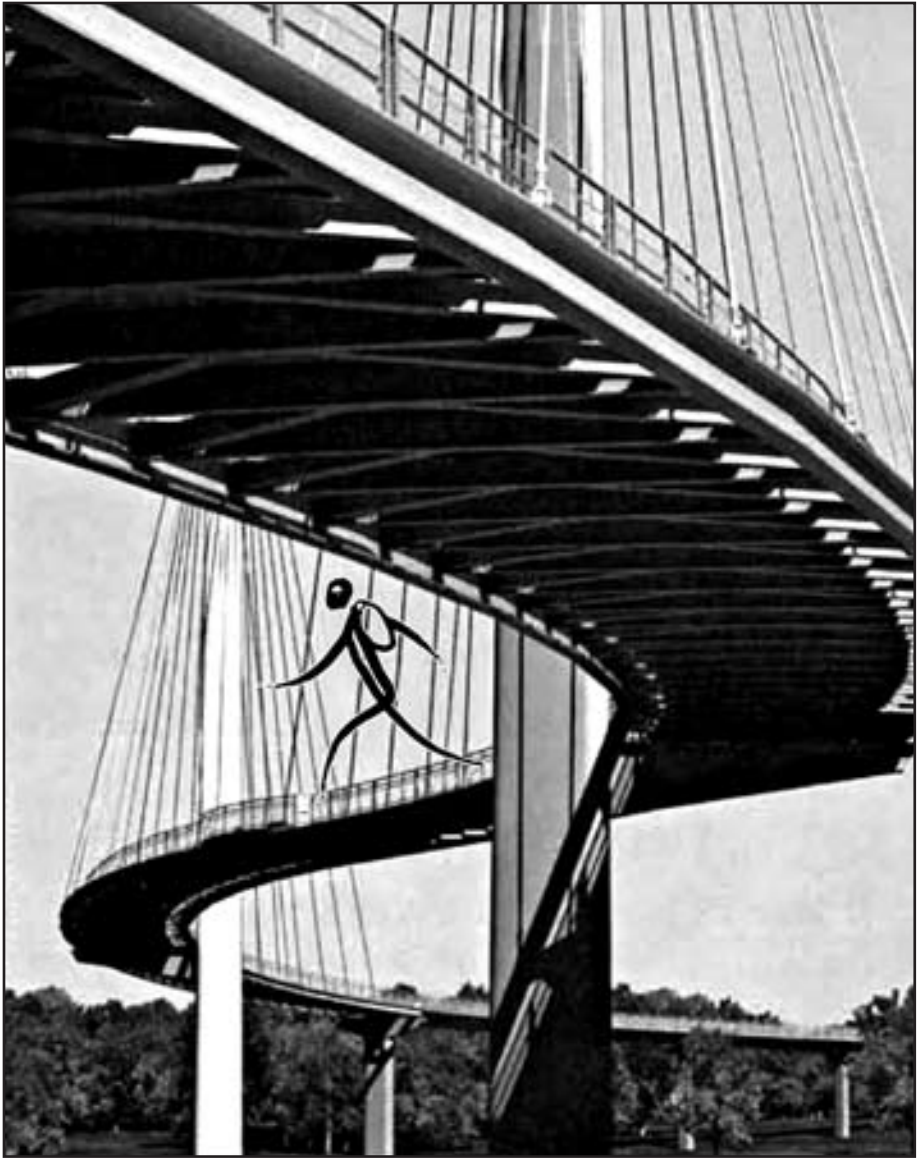


Join the 2009 Hike to Help Refugees May 23-30



Come Hike with Us!

(402) 334-2147

www.hiketohelprefugees.org



UNHCR
The UN Refugee Agency

7th Annual Hike to Help Refugees

May 23-30, 2009

Benefiting the UN Refugee Organization

The hike will begin in Omaha on May 23rd at Miller’s Landing at 10 a.m.

- Hikers will proceed across the Bob Kerry Pedestrian Bridge along the Iowa River Front Trail to the Iowa Historic Trails Center.
- A mid-Hike ceremony will begin at 11:30 a.m.
- Hikers will then continue to the Wabash Trace Trailhead in Council Bluffs or return to Miller’s Landing.

The Hike will continue along the entire length of the Wabash Nature Trail (62.3 miles) and end on May 30th in Blanchard, Iowa.

Choose one of 3 hike options:

- One-day Hike — join group for any one day on your own or, part of a team.
- Weekend Hike — May 23 & 24.
- Week Hike — May 23 to 30.

Hiking schedule and mileage:

Saturday, May 23	7 miles
Miller’s Landing in Omaha Hike over “The Bob” to Western Historic Trails Center in Iowa for a short ceremony then back.	
Saturday, May 23 & Sunday, May 24	20.10 miles
Omaha to Mineola, Iowa	
Saturday, May 23 – Saturday, May 30	72.8 miles
5/23 Omaha to Wabash Trace Trailhead in Council Bluffs	10.5
5/24 Council Bluffs to Mineola, Iowa	9.6
5/25 Mineola to Malvern, Iowa	12.3
5/26 Malvern, Iowa — rest day	—
5/27 Malvern to Imogene, Iowa	13.6
5/28 Imogene to Shenandoah, Iowa	8.9
5/29 Shenandoah to Coin, Iowa	12.5
5/30 Coin to Blanchard, Iowa	5.4

Camp sites will be detailed in hiker’s packet.

Who Are Refugees?

Refugees are legally defined as people who are outside their countries because of a well-founded fear of persecution based on their race, religion, nationality, political opinion or membership in a particular social group, and who cannot or do not want to return home. As a humanitarian, non-political organization, UNHCR works to protect refugees and to seek ways to help them restart their lives in a normal environment.

What is UNHCR?

The United Nations High Commissioner for Refugees provides protection and assistance to more than 30 million people around the world.

- **Short-term help:**

UNHCR provides lifesaving assistance in the form of water, shelter, emergency food and health care

- **Long-term help:**

UNHCR provides protection for refugees in their country of origin, helps refugees resettle in a safe country, and helps refugees return to their homes when it is safe to do so.

UNHCR is the only organization with an international mandate to protect refugees. In addition to coordinating activities of other aid organizations, UNHCR works to ensure that governments abide by the 1951 Geneva refugee convention provisions. UNHCR has twice won the Nobel Peace Prize for its humanitarian efforts. Learn more by visiting their web site, www.unhcr.org. To learn how thousands of American citizens are helping, visit the USA for UNHCR web site at www.usaforunhcr.org.



A well-marked trail, cheerful company, plenty of food and water, a relaxed pace, no threat of violence and the assurance of the comforts of home at the end of the trail. . . these are the realities of the Hike to Help Refugees.

Hikers are on the trail to help refugees whose reality is the exact opposite.

Turn the page to learn how to participate in this important humanitarian effort.

How can I participate?

You can be a hiker, a sponsor, or both!

Hikers:

- Recruit financial sponsorship. (See below)
- Send in your Hiker's Fee (see below) and your sponsors' checks with your registration form by May 9.
- Be prepared for a strenuous hike. **Train in advance!**

Sponsors:

- If you cannot hike but wish to be a sponsor, check the line on the form, send your check (made out to Hike to Help Refugees), and we'll provide the hiker!

Day hikers and week-end hikers:

Pre-register by May 9th and receive a free tshirt!

Week hikers:

Registration deadline is May 9th. A free t-shirt will be part of your hiker packet.

What is the Hiker's Fee?

The Hiker's Fee covers some of the food costs and administrative expenses for the hike. There is no cost for grade school or preschoolers. The Hiker's Fees are:

- \$150 per person for the week-long trip
- \$ 50 per person for the weekend;
- \$ 25 per person for day hike.

Southwest Iowa Trails, Inc. has graciously waived the trail pass fee. Hikers Fee checks are made out to Hike to Help Refugees: Adm.



K. Weiland

The men, women, kids, babies and dogs who participated in the 2004 hike had a great time!

What is my sponsorship obligation?

Hikers are providing all season tents for refugees in Afghanistan and Darfur. One tent provides shelter for five and costs \$80. Our goal for the 2009 Hike is 1,250 tents or \$100,000. With your help we can do this! Minimum sponsorship required per adult hiker is as follows:

All week Hike	7 tents (\$560)
Weekend Hike	2 tents (\$160)
One-day Hike	1 tent (\$80)

All sponsorship checks are tax deductible and should be made out to Hike to Help Refugees. 100% of your donation will go towards providing tents for the refugees.

We're going to walk
HOW far?



K. Weiland



UNHCR / T. Irwin

So you've decided to participate!

Congratulations! Now you need to get busy finding sponsors so you can get your registration in by May 9. Organize a team and try some group fundraising to cover your sponsorship obligations!

COME HIKE WITH US



Contact information:

Hike to Help Refugees

P.O. Box 212

Pacific Junction, IA 51561

Phone: Betsy (712) 334-2147

Web Site: www.hiketohelprefugees.org

Day hikers: Dress for the weather, bring a water bottle and sack lunch.

Week-end hikers: Dress for the weather, bring a water bottle, sack lunch and over-night camping gear.

Week hikers: A hikers guide with campsites, route, pack list etc., will be provided when registration is received. Be sure to register by May 9th.

How do I find sponsors?

1. Be creative and don't give up!
2. Do your homework first so you'll be able to explain UNHCR's work to prospective contributors. More information can be found at www.usaforunhcr.org.
3. Tell your sponsors that their gifts are tax-deductible.
4. Try these possibilities:
 - a. Friends, family, neighbors
 - b. Employers and coworkers
 - c. Organizations you belong to
 - d. Your physician, dentist, optometrist, attorney, insurance agent, veterinarian, telephone company, etc.
 - e. Your house of worship
 - f. Stores you frequently shop at (grocery, clothing, sport, etc.) locally and via the internet.
 - g. Service providers such as barber, hairdresser, babysitter, mechanic
 - h. Restaurants you patronize
 - i. Hold a garage sale

HIKE REGISTRATION FORM

Please complete and mail with your

Hiker's Fee and Sponsor Checks by May 9 to:

Hike to Help Refugees, P.O. Box 212, Pacific Junction, IA 51561

Hiker's Name _____

Are you part of a team? _____ If yes, name of organizer _____ Day you are hiking _____

Children (names & ages) _____

Address _____

City/State _____ Zip _____ Phone _____

Register me for (check one).

_____ Full week backpack trip May 23-30. Hiker's fee of \$150 enclosed.

Make checks payable to Hike to Help Refugees: Adm.

_____ Weekend hike May 23 & 24. Hiker's fee of \$50 enclosed.

Make checks payable to Hike to Help Refugees: Adm.

_____ One-day hike. Hiker's fee of \$25 per adult enclosed.

Make checks payable to Hike to Help Refugees: Adm.

_____ I can't hike but I will contribute to UNHCR. Enclosed is my check for \$ _____
made out to Hike to Help Refugees.

Do you have any special dietary needs? Please list _____

Sponsor checks are made payable to Hike to Help Refugees.

All week Hike 7 tents (\$560)

Weekend Hike 2 tents (\$160)

One-day Hike 1 tent (\$80)



2009: 7 Years of Hiking for Refugees



**HIKE TO HELP
REFUGEES**

A fund raiser for USA for UNHCR
United Nations High Commissioner for Refugees



UNHCR
The UN Refugee Agency



**HIKE TO HELP
REFUGEES**

P.O. Box 212

Pacific Junction, IA 51561

The Hike to Help Refugees is now USA for UNHCR's
largest grass roots fund raising project in the U.S.

Thank you for your support!