

Fall Rally – East  
October 30, 2010

Dear TOPS Family,

Are you all enjoying summer? You can exercise by walking, swimming, gardening, or just being outdoors enjoying the warm weather. The Choice Is Yours. Farmers' Markets are open and offering fresh vegetables. Summer is a great time to work towards your weight goals.

Do you know what is going to happen next????

***It's Fall Rally Time!!!***

Fall brings our TOPS family together for our annual Rally. Our Eastside Rally will be held at **Lakeland Community College**, Route 306 and I-90 in Mentor, Ohio on **Saturday October 30, 2010**. **Cost is \$8.00 per person**. Registration is at 9:00 AM, and the program will start at 10:00 AM. There will be a lunch break and the program will resume promptly at 1:00 PM. The college cafeteria offers a nice selection for lunch or you can pack a lunch and enjoy TOPS Members Company in the Atrium. (There are also restaurants in the area.)

There are hotels on I-90 and Rt. 306 for those wishing to stay overnight. Parking is free and within a short walking distance to the auditorium. (See the attached map.)

- 1. Rally Weight Loss Contest**
- 2. Special Awards**
- 3. Program Cover Design**
- 4. Cheer Contest**
- 5. Rally Mask Contest**
- 6. Chapter Growth Contest**
- 7. Ticket Order Form**

Please check all forms for **DEADLINE DATES** and **CONTESTS** that require chapters to register day of Rally. Chapters doing a special activity must register when they arrive.

Enter the contests. Chapters plan a TOPS Cheer. The more you participate the more fun you will have at Fall Rally. See you on **October 30, 2010** at Lakeland Community College.

Rally East Chairperson,  
Barb Rettinger