

Fall Rally – West  
October 23, 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 **Westside Rally** will be held on **October 23, 2010, at Owens Community College, Oregon Road, Toledo, OHIO, in the Audio /Visual Classroom Center (AV) Building 13. 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. You can bring your lunch and eat in the atrium (beverage vending available) or there are places to eat within 1 mile of the college. There are hotels nearby on Oregon Road for members wishing to stay overnight.

- 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 all the contests. Chapters, plan a TOPS Cheer. The more you participate, the more fun you will have at Fall Rally. **See you on October 23, 2010 at Owens Community College.**

Rally West Chairperson,  
Sandy Eck