

## OUR MISSION

To reach the unreached with the Christ-centered message of love, forgiveness, and hope; while integrating persons of diverse social, economical, cultural, and racial backgrounds. We seek to accomplish this by providing for physical, mental, and spiritual needs, which the Metro Family Ministries, Inc. and their resources can supply through love, training, fellowship, acceptance, and by establishing a purpose to life. Jesus Christ is the answer to these deep needs.

## ROC COMMUNITY IMPACT

- Food Pantry: providing food and other help to the community,
- Clothing Closet: providing clothes for all ages, even school uniforms
- Community Service: providing hours and mentoring for Adults and Juveniles assigned to community service
- Sewing Room: a class teaching sewing skills
- Friday Nite Live: fun, food and Bible study
- Weight Room: physical and spiritual training
- Sunshine Closet: providing essentials for expectant mothers-families of newborns and toddlers
- Pregnancy Center: pregnancy tests, training and resources for expectant families
- Community Garden: a space for neighborhood families to grow fresh produce
- Kung Fu for Christ: physical and spiritual training through martial arts
- ROC'n Seniors: Senior Adults assisting ROC staff
- Children's Ministries

## CONTACT

For more information on the ROC'N the ROC 2018 go to  
[www.rocnderoc.org](http://www.rocnderoc.org)  
More questions? Email: [rocnderoc@gmail.com](mailto:rocnderoc@gmail.com)

For more information on  
Metro Family Ministries go to  
[www.rocgarland.org](http://www.rocgarland.org)  
or like us on facebook

Metro Family Ministries, Inc. @ the ROC (Re'Creation Outreach Center)



**Serving Garland Youth over 25 years**

## ROC'N THE ROC 5K AND FUN RUN

**Saturday, October 27, 2018**

8:00 am rain or shine

5k run is chip-timed

## SPONSORS

**Location: Downtown Garland On the Square**

**Presented by: Metro Family Ministries**

**Non profit 501C3**

**Benefiting: The ROC (Re'Creation Outreach Center)**

**Located at 3375 Edgewood Dr. Garland, TX 75042**

**Contact: 972-272-1002**

**[www.rocgarland.org](http://www.rocgarland.org)**

# SPONSORS

Please consider becoming a sponsor to help continue the services provided by the ROC. There are 5 levels of sponsorship:

Level	Bronze	Silver	Gold	Platinum	Diamond
\$\$	250	500	1000	2500	5000
Race Entries	4	8	12	16	20
Logo on Shirt	 Name Only	 S	 M	 L	 Large Top
Add to Packet					
Speak at event*					
Company Logo on Turn Sign		 S	 M	 L	 XL
Race day Ad sign					
Finish line sign					
Table					
Race Day Banner					
Logo on Goody Bag					
Name in news ad or radio ad for race					
Sponsor 10 neighborhood kids for race					

Send questions about race-sponsorship to: rocnderoc@gmail.com

\*No political speeches

# REGISTRATION

- ☐ Bronze: \$250
- ☐ Silver: \$500
- ☐ Gold: \$1000
- ☐ Platinum: \$2500
- ☐ Diamond: \$5000

Company Name: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Contact Name: \_\_\_\_\_

Phone and Email: \_\_\_\_\_

Name on T-shirt: \_\_\_\_\_

**Logo and Shirt size Deadline: 10/05/2018**

Please email logo (Vector Art Preferred) and shirt sizes to:  
rocnderoc@gmail.com

**Promotional Items Deadline 10/11/2018**

To add promotional items to the runner's packet, please deliver 300 or more items Monday-Thursday between 1:00pm-3pm to:

Freeman Heights Baptist Church  
1120 N Garland Ave  
Garland, TX 75040

**Sponsorship Payment**

Checks Payable to: Metro Family Ministries (a 501C3)  
include ROC 5k Sponsorship level on the memo line

Return registration form and check to your race contact or mail to:

Metro Family Ministries  
P.O. Box 462431  
Garland, Tx 75046