

# MONROE COUNTY RALLY DAY 2009

## TOPS TIME TO SHINE!



**(PLEASE READ AT YOUR CHAPTER MEETING!)**

**DATE:** SATURDAY, SEPTEMBER 19<sup>TH</sup>

**TIME:** REGISTRATION FROM 9:00 - 9:30 A.M.  
PROGRAM PROMPTLY AT 9:30 A.M. THROUGH EARLY AFTERNOON  
(BREAKFAST BUFFET AT 9:45 A.M.)

**PLACE:** DIPLOMAT BANQUET CENTER, 1 DIPLOMAT WAY, ROCHESTER, NY  
(ON LYELL AVE. WHICH IS RTE. 31; FROM THE EAST SIDE, TAKE 490W TO 390N TO LYELL AVE.  
EXIT; TURN RIGHT AND THE DIPLOMAT WILL BE ON YOUR LEFT SIDE NEXT TO LA QUINTA HOTEL)

**COST:** \$25.00

**RSVP:** BY SATURDAY, AUGUST 22<sup>ND</sup>; NO EXCEPTIONS; NO REFUNDS

**CONTACT:** ALL FORMS AND YOUR CHAPTER CHECK PAYABLE TO **TOPS RALLY DAY** SHOULD  
BE SENT TO:

SANDY FRIEDAY  
66 HARWOOD RD  
SPENCERPORT, NY 14559  
[SFRIEDAY@ROCHESTER.RR.COM](mailto:SFRIEDAY@ROCHESTER.RR.COM)  
585-729-2192

**NOTE: WE WILL BE COLLECTING CANNED AND NON-PERISHABLE BOXED GOODS FOR  
DONATION TO LOCAL FOOD CUPBOARDS. PLEASE CONTRIBUTE IF YOU ARE ABLE TO DO SO.**



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(THIS INFORMATION SHOULD BE COMPLETED ONLY FOR YOUR MEMBERS WHO ARE ATTENDING RALLY DAY)

## PRE-TEENS & TEENS

CHAPTER #NY \_\_\_\_\_

NAME (PLEASE PRINT CLEARLY)

AGE

_____	_____
_____	_____
_____	_____

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## CENTURY CLUB MEMBERS

CHAPTER #NY \_\_\_\_\_

NAME (PLEASE PRINT CLEARLY)

POUNDS LOST

YEARS MAINTAINED

_____	_____	_____
_____	_____	_____

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## PAST & PRESENT STATE ROYALTY

CHAPTER #NY \_\_\_\_\_

NAME (PLEASE PRINT CLEARLY)

YEAR

_____	_____
_____	_____

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## BRIGHTEST STAR AWARD

NOTE: PLEASE HAVE YOUR GROUP ELECT (BY SECRET BALLOT) ONE PERSON FROM YOUR CHAPTER (MUST BE ATTENDING RALLY DAY) THAT KEEPS YOU MOTIVATED AND INSPIRED, AND IS TOPS IN YOUR GROUP! (PLEASE PRINT CLEARLY)

CHAPTER #NY \_\_\_\_\_ NAME: \_\_\_\_\_



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## **SUMMER'S BIGGEST LOSER**

NOTE: LOSS MUST BE FROM FIRST WEIGH-IN AFTER JUNE 1<sup>ST</sup> TO THE LAST WEIGH-IN OF AUGUST (MINIMUM LOSS OF 5 POUNDS TO BE ELIGIBLE). (VERIFY WITH WEIGHT RECORDER) (NOTE: THIS IS THE ONLY CATEGORY REGISTRATION THAN CAN BE SENT AFTER THE 8/22 DEADLINE, BUT STILL MUST BE RECEIVED BY FRIDAY, 9/4/09.)

CHAPTER #NY \_\_\_\_\_

NAME (PLEASE PRINT CLEARLY)

TOTAL LOSS

\_\_\_\_\_

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## **AREA CAPTAIN'S WEIGHT LOSS CHALLENGE - RALLY 2008 TO RALLY 2009 BIGGEST LOSER**

NOTE: LOSS MUST BE FROM FIRST WEIGH-IN AFTER OCTOBER 25, 2008 TO THE LAST WEIGH-IN PRIOR TO AUGUST 15, 2009 (MINIMUM LOSS OF 10 POUNDS) (VERIFY WITH WEIGHT RECORDER)

CHAPTER #NY \_\_\_\_\_

NAME (PLEASE PRINT CLEARLY)

TOTAL LOSS

\_\_\_\_\_

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**MEN IN TOPS** (PLEASE LIST ALL OF THOSE HANDSOME GUYS IN YOUR CHAPTER THAT WILL BE ATTENDING RALLY DAY)

CHAPTER #NY \_\_\_\_\_

NAME (PLEASE PRINT CLEARLY)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



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*(THIS INFORMATION SHOULD BE COMPLETED ONLY FOR YOUR MEMBERS WHO ARE ATTENDING RALLY DAY)*

**CHAPTER "NO GAIN" WEEKS** (ENTER THE INFORMATION BELOW FOR EACH WEEK THAT YOUR CHAPTER HAD A "NO GAIN WEEK" SINCE NOVEMBER 1, 2008) (VERIFY WITH WEIGHT RECORDER) (PLEASE PRINT CLEARLY)

CHAPTER #NY \_\_\_\_\_

DATE	# OF MEMBERS PRESENT	NET LOSS
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____



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**"BACK IN TIME" AWARD** NOTE: MUST HAVE TOTAL WEIGHT LOSS OF 25 LBS. OR MORE; MUST SUBMIT A PHOTO VIA HARD COPY OR DIGITAL OF MEMBER WEARING THE BIGGER SIZE CLOTHING (NO BATHING SUIT PICTURES PLEASE); NO NEED TO BRING BAGGY CLOTHES

CHAPTER #NY \_\_\_\_\_

NAME (PLEASE PRINT CLEARLY)	POUNDS LOST	BEFORE SIZE	AFTER SIZE
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

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**KOPS MEMBERS ATTENDING RALLY** CHAPTER #NY \_\_\_\_\_

NAME (PLEASE PRINT CLEARLY)	# OF YRS	NAME (PLEASE PRINT CLEARLY)	# OF YRS
1) _____	_____	6) _____	_____
2) _____	_____	7) _____	_____
3) _____	_____	8) _____	_____
4) _____	_____	9) _____	_____
5) _____	_____	10) _____	_____

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*(THIS INFORMATION SHOULD BE COMPLETED ONLY FOR YOUR MEMBERS WHO ARE ATTENDING RALLY DAY)*

**KOPS IN BLACK** NOTE: LIST ALL KOPS WHO HAVE BEEN IN BLACK (WITHIN THEIR 10 POUND LEEWAY) SINCE NOVEMBER OF 2008 (VERIFY WITH WEIGHT RECORDER)

CHAPTER #NY \_\_\_\_\_

NAME (PLEASE PRINT CLEARLY)

WAS KOPS ALSO AT  
OR BELOW GOAL  
11/1/08-8/15/09?



_____	_____
_____	_____
_____	_____

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**REINSTATED KOPS** NOTE: PLEASE LIST THE NAMES OF ANY KOPS THAT WERE REINSTATED SINCE LAST YEAR'S RALLY DAY (NOVEMBER 2008 TO AUGUST 15, 2009)

CHAPTER #NY \_\_\_\_\_

NAME (PLEASE PRINT CLEARLY)

\_\_\_\_\_

\_\_\_\_\_

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**TAKING TIME FOR TOPS AWARD** NOTE: PLEASE LIST THE NAMES OF ANY CHAPTER MEMBERS WHO HAD PERFECT ATTENDANCE DURING THE PERIOD OF NOVEMBER 1, 2008 TO AUGUST 15, 2009 (MUST HAVE ATTENDED ALL MEETINGS - WEIGHING IN AND LEAVING DOES NOT COUNT)

CHAPTER #NY \_\_\_\_\_

NAME (PLEASE PRINT CLEARLY)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



# RALLY DAY 2009 - TOPS TIME TO SHINE!

## IMPORTANT INFORMATION

1. YOU MUST CHECK IN AT THE REGISTRATION TABLE FOR EACH CATEGORY FOR WHICH YOU ARE BEING RECOGNIZED. YOU MAY NOT REGISTER THAT DAY. **MOST FORMS ARE DUE BY SATURDAY, AUGUST 22<sup>ND</sup>. SUMMER BEST LOSER REGISTRATION DUE BY FRIDAY, SEPTEMBER 4<sup>TH</sup>.**
2. PLEASE HAVE EVERYONE IN YOUR CHAPTER WEAR A NAME TAG. THERE ARE NO RULES ON SIZE/STYLE.
3. ALTHOUGH THERE WILL BE NO COSTUME PARADE, YOU MAY DRESS ACCORDING TO THE THEME. **PLEASE – NO GLITTER OR SEQUINS OF ANY KIND!** THE THEME COLORS ARE BLACK AND GOLD.
4. CHARMS WILL BE SOLD AND CAN BE PAID FOR BY CHAPTER CHECK OR CASH.
5. IN ADDITION TO THE OPPORTUNITY TO WIN GREAT PRIZES AT THE CHINESE AUCTION, THERE WILL BE A CASH RAFFLE WITH 50% GOING TO THE RALLY FUND AND THE OTHER 50% BEING SHARED BY TWO LUCKY WINNERS.
6. EACH CHAPTER MUST PROVIDE A **THEME-RELATED CENTERPIECE THAT WILL BE JUDGED!** **(IMPORTANT NOTE: PLEASE DO NOT USE GLITTER OR SEQUINS IN YOUR CENTERPIECE DESIGN – ALTERNATIVE SUGGESTIONS WOULD BE SHINY FOIL, SHINY RIBBON, SHINY STARS THAT STICK ON, ETC; NO ITEMS WITH GLITTER OR SEQUINS WILL BE ALLOWED INTO THE NEWLY RENOVATED BALLROOM SINCE WE CANNOT AFFORD TO HAVE THE CARPET PROFESSIONALLY CLEANED. WE GREATLY APPRECIATE YOUR UNDERSTANDING AND COOPERATION.)**
7. YOU **MUST** BE PRESENT TO BE ACKNOWLEDGED/RECEIVE AWARDS. NO ONE CAN CLAIM AN AWARD FOR YOU. IF YOU ARE UNABLE TO ATTEND, PLEASE DO NOT SIGN UP FOR ANY OF THE CATEGORIES. IF YOU HAVE REGISTERED AND PAID FOR RALLY DAY AND ARE NOT PRESENT, A REFUND **WILL NOT** BE GIVEN. A REPLACEMENT PERSON MAY ATTEND.
8. PLEASE INDICATE ON THE REGISTRATION FORM IF YOU HAVE A WHEELCHAIR OR SCOOTER, SO WE MAY MAKE THE APPROPRIATE SEATING ARRANGEMENTS.
9. WE WILL BE COLLECTING CANNED AND NON-PERISHABLE BOXED GOODS TO DONATE TO LOCAL FOOD CUPBOARDS. PLEASE CONTRIBUTE IF YOU ARE ABLE TO DO SO.
10. **REMEMBER, YOUR CHAPTER CHECK, REGISTRATION FORM, AND ALL OTHER FORMS GET RETURNED TO SANDY FRIEDAY.** PLEASE FEEL FREE TO CALL SANDY AT 585-729-2192 WITH QUESTIONS OR FOR DRIVING DIRECTIONS TO THE DIPLOMAT.

**THE 2009 RALLY DAY PLANNING TEAM LOOKS FORWARD TO  
YOUR PARTICIPATION IN THIS YEAR'S EXCITING RALLY DAY!**

