



# Running for Moms & Babies

LABOR DAY 5K SUPPORTS THE TREEHOUSE

For the last 15 years, The Treehouse has been providing care, education and needed resources to pregnant women and mothers in crisis.

“We try to help them get through a tough time in their life,” says Cristin Coats, operations manager. “We are always here for these moms — we’re small enough that we’re like a family.”

Coats says The Treehouse, a Christian non-profit, offers classes and educational videos to women on a variety of topics, including parenting, money management, nutrition, life skills and spiritual growth. When women attend classes or watch video presentations at the center, they earn formula, diapers and “baby bucks” that can be used to purchase items from The Treehouse Thrift Store.

“The moms are earning everything they receive,” Coats says of the Earn While You Learn program. “We want to empower our moms.”

The programs and support groups available through The Treehouse also serve as a connecting point for women facing similar obstacles.

“The women really bond through the classes, some of which are really personal, and get to know others in the same situation,” Coats continues. “This is a place where they can come and there is no judgment — everyone is here to help.”

On a yearly basis, Coats says The Treehouse serves more than 400 women.

“We like to be a stepping stone for moms to get to the next level and back on their feet,” she says.

The Treehouse’s annual 5K walk/run, which serves as the organization’s primary fundraiser, will be held at 8:30 a.m. Monday, September 4, at Sedgwick County Park. In addition to the race chip, the entry fee includes a T-shirt and a pancake breakfast by Chris Cakes of Wichita.



## EVENT INFO

### LABOR RUN

8:30 a.m. Monday, September 4  
Sedgwick County Park  
To register online, go to  
[wichitatreeshouse.org/labor-run](http://wichitatreeshouse.org/labor-run)

### Early Bird registration fee

(deadline August 12)  
\$15 (6-12 years)  
\$20 (13 and older)

### Regular Registration

(deadline September 1)  
\$20 (6-12 years)  
\$30 (13 and older)

### Onsite Registration

\$25 (6-12 years)  
\$35 (13 and older)

Medals will be given to top placers in the 8 and under and 9-12 year old categories, and to the top male and female placers in the following divisions: 13-17 year olds, 18-25 year olds, 26-34 year olds, 35-45 year olds, and 46 and up. Prizes also will be awarded to the top overall male and female finishers.

