

## Instructions/Information for 2010 IRD Events Entry (form IRD-003)

# 2010 International Recognition Days (IRD): *Set Your Sites on Harbour Lights*

You are invited to join hundreds of TOPS members who are the featured TOPS Winners at International Recognition Days! If you are a 75-pounds-or-more loser who would like to participate in the Before and After Parade, a KOPS, or a Century Award winner, the IRD Central Committee invites you to celebrate "Set Your Sites on Harbour Lights." Fill out the IRD Events Entry form after reading the instructions/information below.

### ● Before and After Parade

#### Invitation

All TOPS and KOPS with a loss of 75 pounds or more from their highest weight recorded at TOPS Club, Inc., are invited to participate in the IRD Before and After Parade. Show your inspiring results of taking off and keeping off pounds sensibly with TOPS.

### ● KOPS Recognition Program

#### Invitation

Hundreds of KOPS are presented at IRD's Friday evening general session. Each KOPS alumnus, KOPS of less than 1 year, and KOPS graduate is TOPS' greatest example of success. All KOPS are invited to participate in this inspirational session ending with the beautiful KOPS Circle of Light.

#### Rules/Eligibility Requirements

1. All new KOPS participating at IRD must be maintaining their status. They must have reached goal by December 31, 2009, and be registered by the KOPS Department at TOPS Headquarters by January 31, 2010.
2. All reinstated KOPS must be registered by the KOPS Department at TOPS Headquarters by May 10.
3. Graduating KOPS must not have previously graduated.
4. KOPS Under 1 Year have maintained status for less than 1 year. They may have previously graduated.
5. Alumni KOPS have maintained KOPS status continuously for 1 year or more. KOPS alumni may be honored at IRD only for the number of *complete* KOPS years attained on or before July 16, 2010.
6. All KOPS wishing to participate in Friday evening's general session are validated at TOPS Headquarters upon receipt of their IRD Events Entry form at Headquarters.

### ● Century Award Recogniton

#### Invitation

Members who have lost 100 pounds or more in TOPS and have maintained the 100-pound loss(es) 1 year or more (you do not have to be at goal) hold a place of honor as a TOPS Century Award winner and are invited to participate in the IRD recognition ceremony for new and alumni Century Award winners. All will be recognized on stage at IRD.

#### Rules/Eligibility Requirements

1. Century Award winners must have completed the 52-week Century Award validation period at the time of IRD.
2. Century Award winners must be maintaining their 100-pound loss(es) at the time of IRD.

### ● General Information

To participate in your event(s) of choice, please follow these instructions.

1. Fill out the IRD Events Entry form, including the section(s) for the event(s) in which you wish to participate, and mail to the address on the form. Entries must be received by Headquarters ON or BEFORE May 10, 2010. This deadline *must* be observed.
2. You must send in (or have already sent in) your 2010 IRD Registration Form (along with the required IRD registration fee), which

you will find in the December 2009-January 2010 *TOPS News* (page 43) or in the IRD section of TOPS' website [www.tops.org](http://www.tops.org). Your IRD Events Entry form will be cross-checked with your IRD Registration Form and then sent to the chairperson in charge of your event.

3. As confirmation of your participation in your selected event(s), you will receive an information letter for each event after the close of registration (May 10). These letters will contain information about your IRD check-in, rehearsal (if any), or photo session (if any). If you do not receive by June 1, 2010, a letter for each event you selected, please notify the appropriate chairperson listed below:

#### Before & After Parade Chairperson

Pam Devenyi

217 Rue Andras, Dollard des Ormeaux, Quebec H9B 1R7

Email: [p.jones-devenyi@sympatico.ca](mailto:p.jones-devenyi@sympatico.ca)

Phone: 514-683-8479

#### Century Award Chairperson

Lou Bornhof

35 Deer Avenue, R.R. #1, Fraserville, Ontario K0L 1V0

Email: [bluemoons@nexicom.net](mailto:bluemoons@nexicom.net)

Phone: 705-944-5422

#### KOPS Graduation Co-Chairs

Jenny MacDonald

2947 Post Road, Antigonish, Nova Scotia B2G 2K5

Email: [topsjenny@gmail.com](mailto:topsjenny@gmail.com)

Phone: 902-867-1862

Lisette Muise

14632 Cabot Trail Road, P.O. Box 6, Cheticamp,

Nova Scotia B0E 1H0

Email: [lisettemuise38@hotmail.com](mailto:lisettemuise38@hotmail.com)

Phone: 902-224-2860

#### KOPS Alumni/Circle of Light Co-Chairs

Pat Walker

19 Brown Street, R.R. 2, Kingston, Nova Scotia B0P 1R0

Email: [darrell.walker@ns.sympatico.ca](mailto:darrell.walker@ns.sympatico.ca)

Phone: 902-765-2274

Cindy Ernst

119 Rivercrest Lane, Kingston, Nova Scotia B0P 1R0

Email: [ernstc@ns.sympatico.ca](mailto:ernstc@ns.sympatico.ca)

Phone: 902-765-6248

#### 25-Year KOPS Co-Chairs

Claire Zahab

1255 Dozois Road

Manotick, Ontario K4M 1B2

Email: [cztops@rogers.com](mailto:cztops@rogers.com)

Phone: 613-692-1701

Chantal Paradis

761 County Road 2

Curran, Ontario K0B 1C0

Email: [chantalandron@yahoo.ca](mailto:chantalandron@yahoo.ca)

Phone: 613-673-3056

4. Upon your arrival at IRD, please check in at the appropriate TOPS confirmation desk(s) located in the Halifax World Trade and Convention Centre, Level 1, to validate your entry and receive further instructions. It is important to confirm your arrival at IRD.
5. Any qualified official of TOPS Club, Inc., has the authority to weigh any questionable contestant before IRD recognition.

### IMPORTANT!

Dress code is semi-formal for all on-stage events and photo shoots:

- All women—**dressy dress, long or short; dressy top with long or short skirt; dressy pant suit or palazzo pants (long, wide-legged pants)**
- All men—**business suit and tie or military dress uniform**
- Women **KOPS Graduates—ALL IN SOLID WHITE**

Use this form, or photocopy it, or download from [www.tops.org](http://www.tops.org). Mail to address given on form.

## TOPS CLUB, INC. FORM IRD-003: 2010 IRD EVENTS ENTRY

Complete and mail to address on this form. Entries must be RECEIVED ON OR BEFORE MAY 10, 2010. Late entries are ineligible and will be returned to sender.

**MAIL TO:** TOPS Club, Inc.—IRD Events Entry  
P.O. Box 070360  
Milwaukee, WI 53207-0360

Date \_\_\_\_\_

Sex:  Female  Male

Please print legibly. Illegible entries will be returned.

Name \_\_\_\_\_ TOPS memb. # \_\_\_\_\_

Phonetic pronunciation of your name: (Example: Kosciusko = kas-ee-US-koh) \_\_\_\_\_

Mailing address \_\_\_\_\_

City \_\_\_\_\_ State, Prov. or Country \_\_\_\_\_ ZIP or Postal code \_\_\_\_\_

Chapter: TOPS \_\_\_\_\_ Name of your Coordinator \_\_\_\_\_  
(state/prov.) (number) (city)

Please specify if you are a Regional Director, Coordinator, Area Captain, Ambassador, or Retreat Staff: \_\_\_\_\_

Phone (days) \_\_\_\_\_ (night) \_\_\_\_\_ Fax \_\_\_\_\_ Email \_\_\_\_\_

Please check this box if you have a disability that has special requirements. Details: \_\_\_\_\_

**I have sent in the IRD Registration form  
and paid the IRD registration fee (see December 2009-January 2010 TOPS News, page 43).  Yes  No**

★ You may use a single form to register for events below. Check boxes that apply and fill in requested information.  
You will receive an instruction letter for each selected event from the IRD Event Committee between May 10 and June 1, 2010.

### Before and After Parade

Please enter me in the 2010 IRD Before and After Parade in Halifax, Nova Scotia.

To qualify, you MUST have lost more than 75 pounds from your highest weight recorded at TOPS.

Does this describe you?  Yes  No How many pounds have you lost from your highest weight recorded at TOPS? \_\_\_\_\_

Highest weight recorded at TOPS Club, Inc. \_\_\_\_\_ Present weight \_\_\_\_\_

Highest dress or suit size while in TOPS \_\_\_\_\_ Present dress or suit size \_\_\_\_\_

OK'd by \_\_\_\_\_  
(signature and title of Leader or Weight Recorder)

### KOPS Recognition Program

Please enter me in the following KOPS ceremony at 2010 IRD: (Check one only.)

KOPS IRD GRADUATION OR  ALUMNI KOPS OR  KOPS UNDER 1 YEAR  
(Do not check this box if you are graduating at this IRD.)

**KOPS IRD GRADS ONLY:** Highest weight recorded at TOPS Club, Inc. \_\_\_\_\_ Current goal weight \_\_\_\_\_

Pounds lost to goal \_\_\_\_\_ Date KOPS status achieved \_\_\_\_\_

**ALUMNI KOPS ONLY (1 year or more):** I have maintained my KOPS status for \_\_\_\_\_ years.

### Century Award Recognition

Please include me in the Century Award recognition at 2010 International Recognition Days in Halifax, Nova Scotia. I realize I must be **maintaining** my weight loss at the time of IRD to be eligible for the Century Award recognition program.

Please enter me in the following IRD Century Award recognition:

CENTURY AWARD ALUMNI for \_\_\_\_\_ pounds  NEW 2009 CENTURY AWARD WINNER for \_\_\_\_\_ pounds

Highest weight recorded at TOPS Club, Inc. \_\_\_\_\_ I have **maintained** my 100-lb. weight loss for \_\_\_\_\_ years

I received my 100-lb. medallion the year of \_\_\_\_\_