

PRESS RELEASE

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### High Risk Hope's Fourth Annual Tot Trot in Tampa, Florida

Tampa, FL - High Risk Hope is hosting their fourth annual Tot Trot on November 12, 2016, at Gadsden Park located at 1601 S. MacDill Ave, Tampa, Florida. The Tot Trot is a family-friendly 3K starting at 9:30 am. Participants can walk, run or stroll and stay for food and activities provided by PDQ, Caspers Company/McDonald's, Tampa Fire Rescue, BayCare ambulance and transport team, Playgrounds of Tampa, Fit4Mom, The Mommy Spot Tampa, Gymboree Play & Music, Parties With Character, DJ Jake Dela Cruz and more. The Tot Trot is a celebration of High Risk Hope's VIPs (Very Important Premies), who are recognized at the event with a Wall of Hope as well as a Remembrance Angel Tree. Cost: Adults (13 and up): \$25/\$30 day of the event; Children (5-12): \$15/\$20 day of event; Children (0-4): \$10 with t-shirt/ free with no t-shirt. The Tot Trot is sponsored in part by WTSP 10 News, Tampa Bay Times, Tampa Bay Parenting Magazine, Cox Media Group Tampa and Clear Channel Outdoor.

November is prematurity awareness month across the globe, and the Tot Trot is scheduled in correlation with World Prematurity Day which is on November 17. One in ten babies are born prematurely in the United States each year and premature birth is the leading cause of infant mortality.

100% of the net proceeds raised at the Tot Trot will help High Risk Hope continue its programs at Tampa General Hospital and St. Joseph's Women's Hospital while also expanding its services to additional regional hospitals.

### ABOUT HIGH RISK HOPE

High Risk Hope is a 501(c)(3) *for purpose* organization that provides support, encouragement, information and resources to women and families who are experiencing a high risk pregnancy resulting in hospital bed rest, potential premature birth and neonatal intensive care after delivery. High Risk Hope's Bed Rest Basket and NICU Napsack programs provide personal items to patients on long-term hospital bed rest and families with premature infants in the neonatal intensive care unit that are crucial to a long-term hospital stay. High Risk Hope reaches over 2,000 families annually, helping to prolong pregnancies and improve outcomes for premature infants.

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