



**10TH ANNUAL RUN FOR
ZIMBABWE ORPHANS &
ZIMBABWEAN FAIR
SUNDAY APRIL 5 '09
FOR KIDS AND ADULTS!
X-COUNTRY FOR A CAUSE!**

A Blast on the Grass

100 yd. Lion Hearted Run

220 yd. Pre-School Run

 mi. Kindergarten

One mile Grade 1 to Adult

Where: St. Joseph School, 1120 Miramonte
Mountain View, Ca. By McKelvey Ball Park.

Contact info: Ph: 650 941 9206

E-mail: info@ZimbabweParaguay.org

Web Site: www.ZimbabweParaguay.org

To Run! Fill out this entry. May include entry fee of \$5 (per runner) with a contribution **on one check.** Address check to The Sustainable Living Foundation and send to Ellen Clark, 156 Marvin Ave., Los Altos, Ca. 94022. May register **on line** at either Active.com or www.ZimbabweParaguay.org

Name _____

Gender: Male__ Female__

Age_____ Phone:_____

School _____

Grade_____ Address:_____

City_____ Zip code_____

E-mail_____

Check division entering:

Lion Hearted Run. Special Olympians & People with Disabilities 100 yd. 18 & under Girls__ Boys__ 1:00

Pre School girls__ boys__ 220 yd. 1:05

Kindergarten girls__ boys__ 1/2 mi. 1:15

1st and 2nd grade, Mile, Girls Antelopes 1:30

1st and 2nd grade, Mile, Boys Antelopes 1:45

3rd and 4th grade, Mile, Girls Cheetahs 2:00

3rd and 4th grade, Mile, Boys Cheetahs 2:15

5th and 6th grade, Mile, Girls Zebras 2:30

5th and 6th grade, Mile, Boys Zebras 2:45

7th and 8th grade, Mile, Girls Leopards 3:00

7th and 8th grade, Mile, Boys Leopards 3:15

At 3:30, all high school and post H. S. milers. 3:30

High School Girls Mile, Giraffes

High School Boys' Mile, Giraffes

Post High School Females, Giraffes

Post High School Males, Giraffes

T-shirt Information:

Shirts are sold on a first come first served basis at the meet on April 5 for \$10 each. (T-shirts are also sold at St. Joseph School the week before the meet.) Sizes of the shirts are Youth: Small, Medium, Large and Adult Small Med. and X-large.

All entrants must sign waiver. Parent or guardian must sign if entrant is under 18. I certify that the above named entrant in the 10th Annual Run for Zimbabwe Orphans on Sun.. April 5, 2009 is physically fit and has trained sufficiently for participation in this event. I hold no one responsible (St. Joseph Parish, the Sustainable Living Foundation, the Diocese of San Jose & volunteers) for any injuries or illnesses incurred during the meet or travelling to and from the meet. My photo & name may be used for publicity in the web site, newspapers, results, radio & T. V.

Date_____

Signature _____

RACE #
Office use.

To sponsor an orphan; donate \$; or volunteer, fill out this form. Address check to: **The Sustainable Living Foundation.** Send this form & check to: **Ellen Clark, 156 Marvin Ave. Los Altos, Ca. 94022.**

I will sponsor an orphan or orphans--
@ \$350 per year. _____ # of orphans.

I will donate \$ _____ funds to the orphans.
Any amount sincerely appreciated.

I will donate supplies: Circle item/s you'll provide.
1. Stamps/ photocopying/race expenses.
2. T-shirts. (\$1,000) 3. Prizes \$500. 4. Finisher ribbons.
5. Photography. 6. Balloons. 7. Flyers. 8. Water. 9. Snacks.
10. Programs 11. Championship cups (\$300);
12. Entertainment. 13. First Aid (\$300) 14. Entry fees for economically disadvantaged youth. (Any amount.)

(Business or name goes in our web site & other publicity.)

I will volunteer. Check area of interest before item.

Sell T-shirts Register Runners

Cultural Booths (See specifics below.)

Call Media Distribute flyers

Be Course Guide Work Finish line

Any job is O.K.

Work on Sat. April 4 setting up. (11 a.m. to 2 p.m.)

Work on day of run, April 5

noon to 3:00 _____

3:00 to 6:00 _____ or clean-up done

Set up Cultural Table or Booth. Poster OK

Circle choice: 1. Sadza Refreshments 2. African games 3. Zim Dress 4. Zim Animals 5. Zim Geography 6. Face painting. 7. Zim money/inflation 8. African Crafts 9. Shoe Drive 10. Zim art Exhibit 11. Children's Art 12. Receiving Tree 13. Zim Geology. 14 Health in Zim. 15. Sports of Zim. 16. Shona Language. 17. Zim Homes. 18. AIDS/health 19. Political Situation 20. African Dance. 21. African Music. 22. Other. _____

***Check here if interested in having Ellen Clark make a presentation to your school, organization or business on Zimbabwe. _____ (Presentations geared to age group.)**

Name _____

Address _____

e-mail _____

Phone number _____

_____ Check if you desire your monetary contribution to be anonymous. (Otherwise, sponsors' names go on web site & other publicity.)

WHO ARE THE ORPHAN SPONSORS?

It is \$350 to sponsor an orphan for the year. These are the sponsors for 2008. List for 2009 updated on web site.

Anonymous Lady, Palo Alto

Anonymous Family, Mountain View

Anonymous Family, Mountain View

Dominic Bennet & Jay Keehan families Los Altos/Santa Clara

Paul and Debbie Baker, Los Altos

Brian Byun and So Yong Park, Los Altos

Pete and Carla Chow, Los Altos

Nancy and Peter Clark, Oak Park II.

Tom and Eileen Clark Wynnewood Pa.

George Dies, Meredith Mills, Palo Alto

Anke Doerzapf and Peter Graf Family, Redwood City

Larry and Karilyn Duarte, Los Altos

Jim and Diane Ducey, Mountain View

e-Bay via Bernadette & Meng-Hai Lim

Nichole Edraos & Family, San Jose

David and Paula Hunter, Mountain View

Wini and Lee Jebian, Mountain View

Reed and Karen Jenney, Los Altos

Kathleen Heckler, Eric Johnson, Mtn. View

Franklin Johnson, Palo Alto

Bert and Cynthia Keely, Portola Valley

Nathan and Rachel Knuth, Sebastopol

Jennifer Lebsack, Redwood City

Glare Lynch, Los Altos

Nicholas and Heather MacFalls, Palo Alto

Dennis and Margaret McCarthy, Mtn. View

New Hope Academy School, Colorado

Gay and Dottie Pang, Los Altos Hills

John and Valerie Poggi, Los Altos

Ariana Promessi, Los Altos

James and Suzanne Rivers, Saratoga

Ross Schibler, Los Altos Hills

Sean and Pearl Seley, Los Altos Hills

Sisters of St. Francis of Penance & Charity, Redwood City

John Wakerly and Family, Mtn. View

Muh-Ching Yee, Gregory Steven Lee, Mtn. View

Peter Zepter, Mountain View

Where are all the businesses, organizations, schools and volunteers listed? We publish on our web site (www.ZimbabweParaguay.org) and in the race program a listing of all the people who make this meet possible with their generous contributions of goods and services. There are so many, we can't possible list them on this entry blank, but our gratitude is without measure. Mazvital

WHAT IS THE SUSTAINABLE LIVING FOUNDATION?

SLF is a tax-exempt public non-profit charitable corporation established by the Clark family of Los Altos in response to the volunteer experiences of Will Clark & the great poverty seen by the Clarks in Zimbabwe and Paraguay. The Board of Directors are: Ellen, Bill, Teresa and Will Clark and Dee Gibson. Our mission is two-way philanthropy- giving but also receiving the gifts of Africa and Latin America.

Contact info: Ph: 650 941 9206

E-mail: info@ZimbabweParaguay.org

Web Site: www.ZimbabweParaguay.org

Address: SLF, 156 Marvin Ave. Los Altos, Ca. 94022

WHO BENEFITS FROM THE RUN?

Makumbi Children's Home in Zimbabwe, an orphanage that provides a loving home for AIDS orphans. In 2008, \$38,000 was raised at the Zim Run. Today, there are close to 900,000 AIDS orphans in Zimbabwe. USA kids also benefit by engaging in two-way philanthropy; physical exercise; and learning about Africa.

HOW DO I REGISTER FOR THE RUN?

To register on line, go to any of these web sites:

www.ZimbabweParaguay.org Active.com or down load flyer from our web site.

WHAT ARE THE COURSES? The courses are 100 yd, Lion Hearted; 220 yd. Pre-School; 1/2 mile Kindergarten; and one mile for grades 1-8 and above. They are flat and go over dirt, grass and pavement. The run is a cross-country meet entirely on school property. Maps of the courses are on our web site: www.ZimbabweParaguay.org

WHAT ARE THE COURSE RECORDS?

Records: (A=Age) SJ= St. Joseph of Mountain View, SS= St. Simon, SF= St. Francis. NDB= Notre Dame Burlingame

Pre K, 220 yd. Camille LaMaster, 49 sec., A5, 2006

Patrick Snedden, 49 sec. A4, 2006

Kinder 1/2 mi. Louisa Kishton, SJ, 3:55, A7, 2004

Nicholas Sabato, Stratford, 3:52, A5, 2008

1st/2nd Grade mi: Kellie Duran, SJ, 7:21, A7, 2007

Charley Clark, St. Simon, 6:53, A8, 2003

3rd/4th Grade mi. Sarah Robinson, Nixon, 6:15, A9

Ismail Adam, Granada, 6:06, A9, 2002

5th/6th Grade mi. Erin Robinson, Terman, 5:58, A10, 2005

Charlie Clark, SS, 5:34, A12, 20067

7th/8th mi: Co-Record Holders:

McKayla Plank, SS, 5:48, A13, 2001;

Erin Robinson, Terman, 5:48, A14, 2007

Matt Bordon, SS, 5:16, A14, 2000 &

Chris Reis, SA, 5:16, A14, 2007

High School: Michelle Gallagher, NDB, 5:36, A15, 2001

Ben Sitler, 4:47, A17, SF., 2005

Post HS: Nicole Campbell, 5:36, A25. WVTC. 2-008

Steve Parry, 4:52, 2002

May I donate shoes at the run?

Yes! Bring old gently worn athletic shoes to the meet. (Any size. The deadline is April 5, 2009.) This program is in collaboration with "From our Feet" and ProjectActive.com The program is call Foot Stock.

HOW DO I PURCHASE A T-SHIRT?

T-shirts are \$10 each- youth to adult sizes. They are sold on a first come first served basis at the meet and the week before the run at St. Joseph School, 1120 Miramonte, Mtn. View.

WHO ARE THE RACES DEDICATED TO?

Sister Batsirai Makoni Lion Hearted, Pre-K, Kinder 1/2 mile. Sister Batsirai, worked with impoverished youth in the village of Murombedzi & was a close friend of Will Clark.

Lynne Tuite: Kindergarten _ Mile. Lynne was an annual volunteer and an enthusiastic fan of young X-country runners. Her humor and love will remain in our hearts.

Coach Jack Saint Claire: 1st/2nd Antelopes Mile. Jack was to the coach of Bill Clark. Jack inspired great running from coast to coast.

Brother John Brown: The Knights of Columbus 7th/8th mile. Brother John Brown was a Maryknoll & a Knight of Columbus who worked with the poor in the world.

Kate Wakerly: The Giraffe Run. Kate was the former editor of the Mtn. View Voice & supporter of the run since its inception. Her philanthropy will not be forgotten.

WHEN ARE THE AWARD CEREMONIES?

12:45 ZIM & US NATIONAL ANTHEM 1:30 Lion Hearted, PRE-K & K AWARDS. 2 p.m. 1st/2nd. 2:30 p.m. 3rd/4th. 3 p.m. 5th/6th. 4:00 7th/8th, HIGH SCHOOL/ POST HIGH SCHOOL.

WHEN ARE THE START TIMES FOR THE RACES?

Lion Hearted *Special Olympics & People

with disabilities. 100 yd. 18 & under. 1:00

Pre-School 220 yd., "Zimers", co-ed 1:05

Kindergarten, 1/2 mile, Lions, co-ed 1:15

1st & 2nd Girls Antelopes mile 1:30

1st & 2nd Boys Antelopes mile 1:45

3rd & 4th Girls Cheetahs mile 2:00

3rd & 4th Boys Cheetahs mile 2:15

5th & 6th Girls Zebras mile 2:30

5th & 6th Boys Zebras mile 2:45

7th & 8th Girls Leopards mile 3:00

7th & 8th boys Leopards mile 3:15

High School & Post HS Giraffes mile 3:30

WHAT ARE THE PRIZES FOR THE RUN?

Championship Cups to the top 3 males & 3 females for all divisions. Cup to top School Team for Gd.1-8. (Minimum of 5 runners per team. More is O.K.) Finisher ribbons for all. Many African raffle prizes at each Awards Ceremony. Knights of Columbus trophy to top 7th & 8th grade boy & girl.

LARGE RAFFLE PRIZES: Shumba, the lion; Bab, the cheetah, & Zim, the elephant donated by Teresa Clark. \$1 per ticket. 3 Drawings: 1:20, 2:20 and 3:45. Must be present to win. One animal per person. See these gorgeous authentic looking animals on our web site.

RULES & REGS. For the safety of all, balls or Frisbees and dogs are not allowed. Spectators, volunteers & participants are not allowed inside St. Joseph School. Porta potties are available by play ground.