



**11TH ANNUAL RUN FOR
ZIMBABWE ORPHANS &
ZIMBABWEAN FAIR
SUNDAY March 28, 2010
X-COUNTRY FOR A CAUSE!**

A Blast on the Grass

220 yd. Pre-School Run

1/2 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:

___ 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 11th Annual Run for Zimbabwe Orphans on Sun.. March 28 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.

For contributions of funds, time or talent, fill out this form. Address checks to: The Sustainable Living Foundation. Send this form & check to: Ellen Clark, 156 Marvin Ave. Los Altos, Ca. 94022. Questions? Call 650.941.9206 or see back (page 2).

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 provide free entry/entries to a low income USA child/children in the USA for the Zim Run. \$5 per runner. Amount: _____

I will donate supplies or services.
(Business or name goes in our web site & other publicity.)

I will volunteer. Check time/activity preference, A-E. For further info. on each activity, see back

(page 2) or call 650.941.9206

A. ___ Work before or after the meet.

..B. ___ Work on Sat. March 27 setting up (11 a.m. to 2 p.m.)__ or (4 to 5 p.m.)__ St. Joseph School.

C. ___ Work on Sun. March 28. Check: noon to 3:00 _____ 3:00 to 6:00 _____ or clean-up done

..D. ___ Set up Cultural Table or Booth for the Fair. (See back-- details on kids' art show)

..E. ___ Arrange for a Zimbabwe Presentation at your school, club or organization conducted by Ellen Clark. We reach out to all age groups! Presentations to children are "kid friendly", educational, joyful. We bring our animal mascots!

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?

The Sustainable Living Foundation is extremely grateful to all the people who have sponsored orphans throughout the years. For \$350, one may sponsor an orphan at Makumbi Children's Home for the entire year. The orphan sponsors are listed on our web site and at a special booth at the run and fair. All contributions are tax deductible.

WHO BENEFITS FROM THE RUN?

Zimbabwe: Makumbi Children's Home is the beneficiary. Presently (although the number can vary from time to time) there are 100 children at Makumbi ranging in ages of infant to 18. Many of the orphans have lost their parents due to the AIDS pandemic. Others have been abandoned when their parents became overwhelmed with issues relating to poverty. At the 10th Annual Run, a total of \$33,000 was raised and sent to Makumbi on May 28, 2009.

USA: The children who come to the run benefit in the following ways. They are inspired to stay physically fit. They are engaged in philanthropy. They learn about the culture, history and people of Zimbabwe. Lower income children are welcomed and offered "runships"—free entries to the run.

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. On The Board of Directors until October of 2009 were: Ellen, Bill, Teresa and Will Clark and Dee Gibson. In October of 2009, SLF welcomed two new members to The Board of Directors, Kristin Clark (wife of Will Clark) and Dave Ruminski (husband of Teresa Clark). 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 ARE THE WAKERLYS?

The Wakerly Family Foundation has been a deeply committed and generous supporter of the Zimbabwe Run since its inception. The Wakerly Family has underwritten the cost of the meet and donated the T-shirts for the run. We are indebted to this very generous family and appreciate with all our hearts their love and care for the children of Africa. The Giraffe Run is dedicated to the memory of Kate Wakerly.

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.

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 & RECORDS?

The courses are 220 yd. Pre-School; ½ 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

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

Giorgio Liantono, Cupertino Middle, 5:11, 2009

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

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

Post HS: Nicole Campbell, 5:25, A26. WVTC. 2009

Steve Parry, 4:52, 2002

WHEN ARE THE START TIMES FOR THE RACES?

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

WHEN ARE THE AWARD CEREMONIES?

12:45 ZIM & US NATIONAL ANTHEM 1:30 Lion 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.

MAY I DONATE SHOES AT THE RUN?

Yes! Bring old gently worn athletic shoes to the meet. (Any size. The deadline is March 28, 2010.) This program is in collaboration with "From our Feet" and ProjectActive.com The program is call Foot Stock.

SPECIAL GUESTS AT THE RUN: Mr. Gray Mavhera, #1 distance runner from Zimbabwe & his friend, Mohamed Ali-Noah from Morocco.

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 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 ½ 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.

LARGE RAFFLE PRIZES: 2 Surprise Raffle Prizes! 2 Drawings: 2 p.m. and 4 p.m.. Must be present to win. One raffle prize per person.

WHAT ARE THE PRIZES FOR THE RUN?

Championship Cups to top 3 males & 3 females for all divisions. Certificates 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. Rosette Ribbons top Cultural Exhibits Grades 4-5, 6-8

WHAT ARE THE DETAILS ON DONATING SUPPLIES or SERVICES?

Supplies & Services are needed to conduct this meet. We publish the names of business sponsors on our web site. Contact SLF if you are able to donate any of these items at 650.941.9206. 1. Stamps and photocopying. 2. Prizes. 3. Finisher ribbons 4 Photography 5 Balloons 6 Water/drinks 7 Refreshments 8 Programs 9 Championship Cups 10 Programs 11 Ambulance Services 12 Porta Potties 13 Zimbabwean Food Buffet 14 Entertainment. Zim music or dancing. 15 New Animal Costume. (We now have five.) 16. A screen for showing DVD's 17 Computer timing services..

WHAT ARE THE DETAILS ON VOLUNTEERING? We, especially, need help organizing the meet. Please contact us at 650.941.9206 if you would like to do any of these activities. **Before or after the meet:** Sell T-shirts, Call media, Distribute flyers, Help with Pre-Registration, Help with Results Collect Prizes. Do Data entry. Assist Ellen at a school or club make a Zimbabwe Presentation. The day of the meet activities and set up times are on page 1. High school students may receive service hours.

HOW DOES ONE SET UP A CULTURAL BOOTH? WHO CAN DO IT?

Anyone may set up a cultural booth or exhibit—children or adults. However, children (Pre-School to high school) are offered Rosette Ribbons for the best art exhibits. We offer group ribbons & individual ribbons for these divisions: Pre-School-kinder, Gd.1-2; Gd 3-4; Gd. 5-6; Gd. 7-8 & high school. An exhibit must be on a topic related to Africa. Some examples include: 1 Zim dress 2 animals 3 geography 4 face painting 5 money/inflation 6 African crafts 7 art 8 geology 9 health 10 sports 11 language, 12 homes 13 music etc. Time: noon to 4 p.m. on 3/28/09 See art exhibit flyer for more details.