



Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_ Shirt Size (circle one):

Unisex: S M L XL XXL

Women: S M L XL

Youth: S M

Age: \_\_\_\_\_ Gender: M F

Co-ed HS Boys HS Girls

Barefoot Water-carry

Team Name (if applicable): \_\_\_\_\_

Total Sponsorship Amount: \_\_\_\_\_ Entrance Fee: \_\_\_\_\_

I'm aware that running involves inherent risks, and I accept full responsibility for undertaking the risks involved in the Run for Rwanda (RFR), even those stemming from negligence. Risks include, but are not limited to, physical exertion, tripping, being jostled/trampled by other runners, vehicles on the race course, and unpredictable weather and course conditions. I fully waive any claims or legal action I or anyone representing me may have related to the RFR, against the International Anglican Church, the race directors and staff, sponsors, and volunteers, as well as anyone associated with these parties. I also consent to the use of my picture in any print or electronic media made in connection with the RFR. If the participant is under 18 years old, I as the parent or guardian authorize the child I'm registering to participate, and I agree to all terms outlined above.

**Signature** (parent or guardian if under 18): \_\_\_\_\_

Please make checks payable to: Run For Rwanda.

Mail registration, sponsorship forms and checks to:

Run for Rwanda

1804 Francis Place

Colorado Springs, CO 80909

Please post-mark by July 23 or turn them in on race day. Entry fee is \$24;

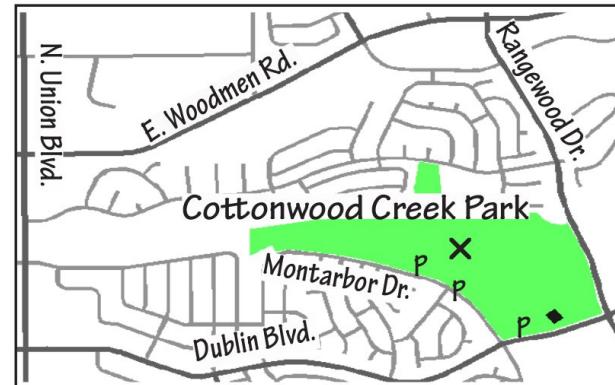
\$29 on race day. Registration opens at 7 AM.

## ENTRANCE FEES

Entry fee is \$24 (\$29 on race day) and includes an RFR T-shirt.

- Entry is free when you raise \$100 in sponsorships.
- Entry fee for under 18: \$15 with a T-shirt, \$5 without.
- With \$150 in pledges, get a Run for Rwanda tech fiber T-shirt.
- Thanks working with the community of Kibali to conquer poverty!

RACE DAY REGISTRATION OPENS AT 7AM  
THE RACE BEGINS AT 8AM ON AUG 1ST



The Run for Rwanda starting line will be on the Cottonwood Creek Park soccer fields, marked with the X. Parking lots are in the park off Montarbor Dr. and by the Recreation Center, marked with a P.

### SUPPORTED BY THESE SPONSORS



Monica L. Dobbin, DDS  
Richard D. Dobbin, DDS

## KIBALI, RWANDA



## COLORADO SPRINGS

## 8TH ANNUAL 5K RUN/WALK

Run With Rwanda, Run For Rwanda

AUGUST 1ST, 8AM  
COTTONWOOD CREEK PARK

RunForRwanda.org

# KIBALI, RWANDA

The community of Kibali is in the small east-central African country of Rwanda—a green, mountainous nation called the “Land of a Thousand Hills.” Kibali is in the country’s northeastern Byumba Province, near the Ugandan border. The needs in this region are immense.

- Most residents survive by farming tiny, hilly plots of land.
- The average resident lives on less than \$1 a day.
- Only 1 in 7 Rwandans can afford a secondary education.
- There is only 1 doctor for every 50,000 residents.
- Due to poor health care, the average life expectancy is 46 years.

Through our relationships with community leaders in Kibali, we are working to find long-term solutions to these needs and help the people of Kibali overcome poverty.



## HOW YOU CAN HELP

Your entry fee alone helps, but you can increase your impact when you raise pledges designated for livestock, school scholarships, or construction of the health clinic. Recruit sponsors in two ways:

1. In person: Go to the “How to Help” page at [runforrwanda.org](http://runforrwanda.org). Print out sponsor-information sheets and a sponsorship log. Then ask family, friends, neighbors, and co-workers for their support.
2. On-line: On the RFR “How to Help” page, learn how to register as an online fundraiser. Then ask your Facebook friends and email contacts to make on-line donations in your name.

Much of the Run for Rwanda's impact comes from participants' fundraising efforts. Please consider inviting others to join you as you join with the people of Kibali in their race for a better future.

Tax deductible receipts will be mailed for sponsorships paid by check.

# RUN FOR RWANDA

## Run With Rwanda

Coloradoans and Rwandans will once again race side by side, oceans apart, towards the goal of conquering poverty with sustainable change. While we run here in Colorado, a 5K will be run simultaneously in Kibali. Runners and walkers of all levels are welcome; test your fitness on our mostly flat 5K course or just enjoy Cottonwood Creek's trails and stunning views.

## Race Origins

A group from IAC visited Rwanda in 2007, met the people and saw their needs firsthand. This event and the programs it benefits have been planned in close cooperation with Rwandan community leaders. In the past six years, Run for Rwanda racers and sponsors have raised over \$100,000 for Kibali.

## Race Format

The race includes individual, barefoot, team and water challenge divisions divisions. Teams may be formed by schools, businesses, clubs, churches, or even groups of friends (max 8 per team; scores are determined by first three finishers' times). Awards will be presented in the following categories:

- Top male and female.
- Top barefoot runner.
- Top three finishers in each age group.
- Top team in open co-ed, high school boys and high school girls divisions (awards go to scoring team members only).

A **free 1K Children's Fun Run** will be held after the final finisher of the 5k at approximately 9am, so bring your whole family! You will also be able to learn all about Rwanda and Kibali, view a webcast of the Rwandan race, enjoy live African music, buy Rwandan crafts and coffee, and visit sponsor booths.

Race Day registration opens at 7am. Start time is 8am

Visit [RunForRwanda.org](http://RunForRwanda.org) for more information.

# SPONSORSHIP

Race sponsorship will boost your impact for Kibali. Sponsors pledge support toward one of these community development projects that fight poverty and provide sustainable change, leading to a brighter future for the people of Kibali, Rwanda.



**KIBALI HEALTH CLINIC**

The infirmary and maternity wards have been completed and are now treating patients. Significant progress has been made on the hospitalization wing, and more support by the government will be provided when the HIV/AIDS wing is complete. Please help get this life-saving community clinic fully completed and staffed! See <http://runforrwanda.org> for video updates on the health clinic progress.

Secondary education is not free, so tuition, books and supplies are out of reach for most youth in Kibali. You can help them change their future and their world!



**SCHOLARSHIPS**