

# One Day We Will Eradicate Malaria



Thank you to our generous  
sponsors! We appreciate you!



## Donations

Our event is an affiliate member of the RRCA. Through the RRCA, we are a 501(c)3 nonprofit organization.

**All your donations are tax-deductible.**

### To donate:

1. Visit our website and click online registration – under individual participation there is an option to donate.
2. Write a check to “One Day 5K” and leave it at one of our on-site registration or mail it to

3524 NE 197<sup>th</sup> Street, LFP, WA 98155

Register  
TODAY for  
the



April 13, 2014  
Kellogg Middle School

## Mail-in/On-site Registration

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

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

Age: \_\_\_\_\_ Gender: \_\_\_\_\_

Phone: \_\_\_\_\_

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

If you are under the age of 18, please provide guardian consent on the line below with a signature:

\_\_\_\_\_

If you would like a t-shirt please indicate on the line below with a yes or no: \_\_\_\_\_

If yes, what size? (Please Circle Size)

S M L XL (Adult Sizes Only)

### How the run began...

This event began last year when Lake Forest Park Youth Council President Sophie Knudson planned it for her Girl Scout Gold Award in 2013. She spoke with a UNICEF representative and learned that 21,000 children die DAILY due to preventable causes, one of which being malaria. The Lake Forest Park Youth Council wants to maintain this event to keep it sustainable and support out greater community. Our mission continues where it began, to “one day we will eradicate malaria.”

### Nothing but Nets

Nothing But Nets is an organization that provides insecticide treated nets to families in Africa with the help of donations. All profits from this race benefit Nothing But Nets. Last year alone, this race provided 648 nets in rural Kenya. With your help one day we will eradicate malaria.

## Entry Fee

\$25 pre-registration (through April 6th)

\$25 ghost runner - to register as a ghost runner, you will not be participating in the walk/run that Saturday morning, but still be making the donation and receive a T-shirt if you would like one.

\$30 week of registration (April 7th - April 13<sup>th</sup>)

\$35 day of race registration

### Date

Sunday, April 13, 2014

8:00 am Race Day Registration

8:30 am Check In for Race

9:00 am Race Begins!

### Distance/Course

5K run/walk

Starts and finishes at the Kellogg Middle School Track and Field (16045 25th Avenue Northeast, Shoreline, WA 98155), course runs through surrounding neighborhood.

## Dogs & Strollers

We are happy to have your little guys come along for the race too! Strollers are permitted and welcomed!

Dogs are permitted on a leash, but please keep them off the turf and clean up!

THE 2013-2014 LFP YOUTH COUNCIL  
THANKS YOU FOR YOUR CONTRIBUTION!



## Registration Info

### Entry Deadline:

*All mail-in entries should be received  
no later than Saturday, April 6, 2013.*

**Make Checks Payable to:  
OneDay5K**

### Registering:

#### Mail To:

OneDay5K  
3524 NE 197<sup>th</sup> Street  
Lake Forest Park, WA 98155

#### In Person at:

Super Jock n' Jill  
7210 E Greenlake Drive North  
Seattle, WA 98115

#### Third Place Books

17171 Bothell Way NE  
Lake Forest Park, WA 98155

#### Online:

[www.oneday5k.eventbrite.com](http://www.oneday5k.eventbrite.com)  
Please note that eventbrite.com charges a small additional fee to register.

## For More Information

Email:  
[oneday5kinfo@gmail.com](mailto:oneday5kinfo@gmail.com)

Website:  
[oneday5k.weebly.com](http://oneday5k.weebly.com)