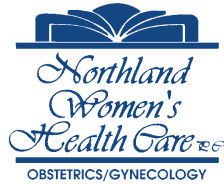


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To learn more about becoming a sponsor and the benefits of sponsorships, contact Julie Gardner at jmgardner8@gmail.com.

ST. THERESE
CATHOLIC COMMUNITY



BODY * MIND * SPIRIT



MONDAY, SEPTEMBER 7, 2015
LABOR DAY

Zona Rosa Town Square
(off Barry Road in Kansas City, MO)

8:30 a.m. 5K and 1 Mile Non-Timed
Family Fun Run/Walk
9:30 a.m. Kids 6 and under 100 Yard Dash

WHAT DO YOU NEED TO DO?

Families have two options. You may come out and participate in the run/walk with no additional obligation. Enjoy being with family and friends, getting some exercise, and listening to music from DJ Kirby. OR some families may use this event to kickoff their training of exercising their bodies, minds, and spirit. We will have coloring sheets available at the race for you to track your miles (ex. running, biking, swimming, walking, etc), books read (as a family or independently), and good deeds. Good deeds may range from children cleaning their room without being asked to volunteering at Harvesters. The training is on your own time and at your own pace! However you wish to use the event is up to you!

OUR COLLECTIVE GOOD DEEDS MONEY RAISED WILL SUPPORT THE HOSPITAL CLINIC IN UGANDA AND THE LITTLE SISTERS OF THE POOR.

UGANDA A portion of the funds collected this year will again be sent to Fr. Aloysius Kasoma in Uganda to support the medical clinic at St. Charles Lwanga Namabaale Parish. Fr. Aloysius Kasoma wrote, "Regarding the construction of the clinic. On my last trip I was able to raise enough funds to complete the roofing of the main building. Your contribution was a very big help. Thank you so much. The next phase is to put in doors and windows, put in the ceiling and plastering the walls and putting in the floor. Given the big size of the building, the remaining work is estimated to cost about \$20,000. The construction of the clinic seems to be endless but it is the size of the building that makes it expensive."

Thank you for all your support. We appreciate and be assured of our prayers. The clinic will serve the community, that is about 10 villages around the parish, the children in the schools at the parish. The schools at the parish have a population of about a thousand children. They normally catch malaria, diarrhea due to waterborne diseases and skin infections. All these will be treated at the clinic. There will be a maternity ward to enable local mothers deliver their children safely. There will be an outpatient department treating all types of illnesses. This facility is urgently needed because the nearest dispensary is about 20 miles away. This is very far because the roads are very bad and transportation is a very big problem."



LITTLE SISTERS OF THE POOR

Arriving in the Greater Kansas City area 130 years ago, the Little Sisters provide a loving Home for 100 elderly poor who do not have the means to sustain themselves financially and require graduated levels of care. Ninety percent of our Residents are on Medicaid with income levels at or below the Federal Poverty Level. The admission age begins at 60 years with the average age of Residents in our Home being 86 years.



As Little Sisters of the Poor, we say "yes" to life. Our specialty and sacred calling is to love, respect and care for the elderly and above all to make them happy. The care of the dying has always been the summit of the Little Sisters mission. We welcome the elderly as we would Jesus Christ himself and serve them with love and respect until death. Little Sisters of the Poor is also where Fr. Pat Tobin resides and Former Pastor Fr. Jim Hart is Chaplain.

When asked what the most important thing the Little Sisters do for him, he smiled and answered, "feed and water me"! He is very pleased that the Little Sisters of the Poor will be benefitting from this years Body Mind Spirit event.

SCHEDULE OF EVENTS

Music with the well known DJ Kirby!

Family Kick Off/Warm Up

8:15 a.m.

5k and 1 Mile Non-Timed Family Run/Walk

8:30 a.m.

(Strollers will start right after runners/walkers)

Kids 6 and under 100 yard dash

9:30 a.m. (approx)

All Children 10 and under must be accompanied by an adult at all times.

This is a family fun event and will not be timed.

FEES

Non-Timed Family Fun run/walk 5K

\$25

1 Mile

\$15

Kids 6 and under 100 yard dash

\$10

Family Package (Max 5 members per household.)

\$75

All fees are NONREFUNDABLE.

COURSE

The course will be an approximate 1 mile loop.

5k runners/walkers will complete the loop 3 times.

HOW TO ENTER

1. Mail in registration to St. Therese Church,
Attn: Body, Mind, Spirit 7
207 NW 9 Hwy; KC, MO 64152 or online at
<https://sttherese.formstack.com/forms/bms>
2. Turn in registration at St. Therese School Office,
St. Therese Early Education Center, or
St. Therese Parish Office
3. Register at packet pickup on September 6th from
11:30 a.m.-3 p.m. at Pizza Shoppe at
7687 NW Prairie View Rd, KC, MO 64151
4. Register on race day at Zona Rosa Town Square
from 7 - 8 a.m.



PACKET PICKUP

Sunday, September 6th from 11:30 a.m.-3 p.m.

at Pizza Shoppe: 7687 NW Prairie View Rd, KC, MO 64151

T-SHIRTS

Guaranteed to all participants who register by Aug. 25th.



AID STATIONS

There will be an aid station providing water on the course.

In cases of extreme heat, we recommend bringing a water bottle with you.

CONTACT INFORMATION

Contact Julie Gardner at jmgardner8@gmail.com

CAN'T PARTICIPATE BUT WANT TO MAKE A DONATION?

Make checks payable to St. Therese Church. Send to:

St. Therese Church Attn: Body Mind Spirit Triathlon

7207 NW 9 Hwy, Kansas City, MO 64152

