

The Palatine Cross Country Teams and the Early Bird Running Program Present:

The Run for a Better Life
Palatine High School
Saturday, July 17th, 2010
8:00-10:00 a.m.
(Hour-long run begins at 8:30 a.m.)

Come to PHS on Saturday, July 17th and run or walk as many laps as you can in one hour for a couple of great community causes. The Run for a Better Life is a joint fundraising venture for the Palatine boys and girls cross country teams and the Disability Outreach Foundation. All proceeds will be split evenly between the two groups.

A non-profit founded in 2001 by Palatine High School alumnus Bryan Pratt, the Disability Outreach Foundation seeks to "promote health, wellness, and positive mental attitude among youth and adults with physical disabilities through reinforcement of those ideas and support of like-minded organizations." Check Bryan's web site out at <http://www.disabilityoutreach.org>. The money we raise will help disabled individuals live with greater freedom, independence, and happiness.

Money collected for the cross country teams subsidizes equipment needs for our less well-off athletes as well as team events and experiences throughout the year. Proceeds for this year's boys team will subsidize our varsity trip to Colorado in late July.

Entry Fee: \$5 paid at Early Bird or at the event. All entry fees defray the costs of the event. If paying by check, make entry fees payable to *Palatine Cross Country*.

Attention Participants:

All sponsors should pay their pledges by check or money order. Make all checks and money orders payable to *Palatine Cross Country*. All contributions are TAX DEDUCTIBLE. Questions? Call Chris Quick at (847) 202-0692 or Joe Parks at (815) 479-1869.

Sponsors may make their pledges on a per lap basis or as a flat donation.

Name of runner _____

This is to certify that the above named has completed _____ laps.

Signature of counter _____

After you have collected all your pledges, return this form in an envelope along with your Pledge Sheet and the collected checks/money orders to Coach Quick or Coach Parks.