

Schedule of Events

8:30 - 9:30 a.m.

Registration
Pick up Event Sack
at:
First Baptist Church
Parking Lot
800 South 16th St.
Clarinda, IA 51632

10:00 a.m.

5K and 10K Walk/Run
Shot gun start

Start/Finish at:
15th and Division

5K - 1 circuit
10K - 2 circuits

11:00 a.m.

Tot Trot

**Presentation of Awards
Following Tot Trot**

Thank You to . . .

**All volunteers for making this
Event successful**

First Baptist Church, Clarinda
Clarinda Police Department
Clarinda Regional Health
Clarinda High School
Clarinda Hy-Vee - water bottles
Clarinda Fareway - bananas
Wrangler Sales - golf carts
Clarinda Academy

Support also provided by. . .



KMA - KYFR - KRSS

Valley News/Weekly Times

Clarinda Harold Journal

Be Safe and Watch for Cars

**Thank you for your participation in
support of Southwest Iowa Crime
Victims Alliance**

ANNUAL Be A Hero 5K and 10K Walk/Run W/ Tot Trot

**Sponsored by:
Southwest Iowa Crime
Victims Alliance
And
Family Crisis Support
Network
866-647-9596 or 712-623-3328**

**Saturday, September 19, 2009
10:00 a.m. 5K and 10K
Walk/Run and Tot Trot**

**Proceeds will go to:
Family Crisis Support Network
866-647-9596 or 712-623-3328**