



Missouri CAN Run!

5K Fun Walk/Run • October 15, 2016 • Jefferson City • MissouriCAN.org/run

Raising Community Action Awareness

More than 900,000 Missourians live in poverty. Together, Missouri CAN thrive.

OUR VISION: A state where all people and communities thrive.

OUR MISSION: To advocate for low-income Missourians and strengthen the Community Action Network.

Helping People, Changing Lives

Poverty is a reality for thousands of our Missouri neighbors. **Missouri's 19 nonprofit Community Action Agencies provide direct services in every county of the state to help Missourians reach self-sufficiency.** Just a few of the programs Community Action offers include:

- Weatherization
- Head Start & Early Learning
- Summer Food Programs
- Preventative Care
- Life Skills Training

Missouri Community Action Network (Missouri CAN) is the statewide network of Community Action Agencies, Allies, and Supporters united to help people and change lives.

Weatherizing Homes for 40 Years

October is the 40th anniversary of Weatherization, a program offered statewide by the Community Action Network. **Weatherization provides cost-effective energy-efficient home improvements to Missouri's low-income households,** especially the elderly, children, those with physical disadvantages, and others hit hardest by high utility costs. The program aims to lower utility bills and improve comfort while ensuring health and safety. Weatherization is currently the nation's largest residential energy efficiency program. The Missouri CAN Run! highlights Weatherization, specifically the local Cole County agency— Central Missouri Community Action (CMCA).

Better Homes, Better Communities

Missouri CAN Run! profits will provide scholarships for Building Performance Institute certifications. These certifications are for Weatherization professionals to conduct quality home inspections and determine improvements. **The overall outcome will be more certified professionals to provide more energy-efficient home improvements.** This results in lower utility costs for vulnerable populations, community betterment, and increased property values. For more information on the Low-Income Weatherization Assistance Program, visit the Missouri Division of Energy's website: <https://energy.mo.gov/energy>

Get Involved!

Our Missouri CAN Run! primary goal is to gather businesses and people for a positive, common cause, not necessarily profit (though profit will go toward scholarships as mentioned above). **Make a difference by participating in the Missouri CAN Run!**

- + **Location:** Race starts/ends at Shoe Carnival of Jefferson City
- + **Time:** Registration from 7-7:45 a.m./Race starts at 8:00 a.m.
- + **Discount:** Event participants (not just the walker/runners!) will receive a 30% discount at Shoe Carnival.
- + **Register:** Online at www.MissouriCAN.org/run OR on the reverse side of this flyer
- + **Medals:** Medals will be awarded to the top 3 male and top 3 female finishers.

**SHOE
CARNIVAL®**





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Registration Form

\$10 Per Race Participant

First & Last Name: _____ T-shirt *youth: S M L *adult: S M L XL XXL

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First & Last Name: _____ T-shirt *youth: S M L *adult: S M L XL XXL

***All who register by Sept. 30th will be guaranteed a T-shirt. After that, we will have a limited supply, but registrations received after Sept 30th cannot be guaranteed a shirt.*

Additional Donation

Additional donations will provide scholarships for Building Performance Institute certifications. These certifications are for Weatherization professionals to conduct quality home inspections and determine improvements for low-income families.

Please circle your donation amount: **\$10** **\$25** **\$50** **\$75** **\$100** **\$250**

Release

Release: In the consideration of the acceptance of my entry, I, for myself, my administrators, executors and assignees, do hereby release and discharge the Missouri Community Action Network, race organizers and all other sponsors for all claims of damages, demands and actions whatsoever arising or growing out of my participation in said athletic event. I attest and verify that I have full knowledge of the risk involved in this event and I am physically fit and trained for this event.

SIGNATURE: _____ **DATE:** _____

(Parent/Guardian signature needed if under 18 years of age)

Total Registration + Donation Amount (\$) _____

Contact Name _____

Address, City, State, Zip _____

Phone/Fax _____ Email _____

Your Registration and/or Additional Donations are all tax-deductible.

Please return this form with your cash or check payment to Missouri CAN (write "run" in memo):

**Missouri CAN, 2014 William Street
Jefferson City, MO 65109**

OR Pay Online: MissouriCAN.org/run

For more information: contact (573) 634-2969 or info@communityaction.org.

