

PUT YOUR BEST FOOT FORWARD!



with
CASA of Carson City

Pasta Feast - May 9th, 2008

5k Run/Walk - May 10th, 2008

Kid's 1.25 mile Run/Walk/Bike - May 10th, 2008

“To Raise Awareness About the Care of Children”

The CASA of Carson City “Best Foot Forward” Run/Walk brings people of all ages and backgrounds together in support of Carson City children who need our help. In Nevada, CASA volunteers primarily serve as guardians ad litem - advocating for children taken into care by the state through a child welfare court case.

Pasta Feast 5k Run/Walk



May 9, 2008 ^ 6-8pm

Carb up the night before the Run/Walk with Tasty Spaghetti, Savory Garlic Bread, Crisp Salad & a Yummy Dessert, provided by: Costco, A Catered Affair, B'sghetti's, Walmart, McDonalds.



First Presbyterian Church

306 West Musser St.
Carson City, NV 89703
(775) 882-1032

Call Chris Bayer 291-7014 for Pasta Feast info.



Participants can obtain their Race Packets at the Pasta Feast. Additional Run/Walk and “I Love Carson City, NV” T-shirts, and CASA Mugs will be available for purchase!



Visit <http://www.active.com/> and search for CASA Carson City for more information and to register for both events.

Pasta Feast - Adult: \$10.00. Children (10 and under): \$5.00.

Run/Walk Registration. Price includes a t-shirt (all participants).

Child/Youth Registration (10 and Under): \$15. General, and Masters Registration: \$25

Online Run/Walk Registration Closes: May 9, 2008 12:00PM Pacific Daylight Time.

May 10, 2008 ^ 8:30am



Runners & Walkers will be timed and the Best Times will be listed in the Nevada Appeal in each of three categories: Youth (10 & under), General, & Masters (45 & up) on the full 5k Run/Walk course.

Long Ranch Park

Directions: From Division, go west on King St. 1.3 miles, turn right/north on Longview. Go 3 blocks to Bristol. Park is on the right. Run/Walk starts at 8:30am.



Run/Walk Registration is limited to 200 participants, so be sure to register early! Packet pickup on event day 7:30am - 8:30am. Got a team? The team with the most members will be listed in the Nevada Appeal!



SPECIAL EVENTS & CONSTRUCTION SITE