



Helping Children in Ethiopia

Sponsored Walk and BBQ – Saturday 26th May 2018, 14:00h

Information for Participants

Our Achievements to date

Rainbows4children opened the Nicolas Robinson School in Mekele in September 2005 and has extended it every year. Today 1400 children are studying in the school and in June 2016 the first students graduated from Grade 12, and they all went on to University. The school has a strong emphasis on science as 75% of University places are in science and engineering and medical sciences.

May 26th will be the 13th consecutive year that Dow Horgen and its employees, families and network of friends have supported the event. To date, the events have raised a total of CHF 640'000, covering 12.5% of the project costs, hence supporting the education of 1400 children and ensuring the livelihood of many families.

Our event target

- Match or exceed our result from 2017 of CHF 71,000!
- Find sponsors for at least 20 children (annual sponsorship costs of CHF 500)

The Event

- Sponsored walk or run in the afternoon, representing the long distance that many children have to walk every day to attend school in Ethiopia.
- From 15:30h onwards, in the canteen, there will be information about Ethiopia, sales of jewelry and children's gifts (Little Stars, Horgen), face painting for the children and a fun photo studio – update your facebook page!
- Aperero starting at 17:00h, barbecue dinner with entertainment (Ethiopian dancing demonstration, presentations, a short film on the school, a tombola with great prizes, music, and dancing).

Participants

- Open to all, young or old, walkers or runners. (Runners or walkers who raise at least CHF 300 per person attend the BBQ dinner free of charge!)
- Supporters are welcome to cheer for the runners and/or join the evening event.

Food & drinks & BBQ dinner

- Dinner tickets are CHF 60 for adults (ages 12 and over) and CHF 30 for children (between 5–11 years, inclusive) and need to be bought in advance. Children under 5 years of age, are free of charge.
- The supper starts with an aperero at 17:00h promptly. The main buffet will start at 18:30h
- Drinks can be purchased during the afternoon and evening



Raising Sponsorship

- Runners or walkers contact sponsors several weeks before the event. As you confirm your sponsors please fill in the form attached. Sponsors may offer a fixed amount (“TOTAL Sponsorship”) or an amount per circuit run (“CHF per circuit”). Please give them an indication of the number of circuits you intend to complete.
- Sponsors can pay their sponsorship prior to, or after May 26th to the runner / walker or directly to Rainbows4Children. Please keep a careful record of sponsorship payments (column “Rec’d”). Runners and walkers can hand in the total collected sponsorship at the check-in desk during the event or send it after the event via bank-to-bank transfer.
- On the day of the run please register before setting off. At the end of your walk or run, report back to the check-in desk to have your form signed.

The Course

- The runners / walkers start off individually or in groups starting between 14:00–14:30.
- The course is outlined on the attached map. Each circuit is approximately 4 km. Each participant can choose the number of circuits they wish to walk, run or jog.
- The route starts behind the tennis courts and is marked with red arrows. It follows a public foot path in the woods, runs along a small river, over a high bridge by a water fall and through the Rietwies neighborhood. There are two road-crossings attended by marshals. (Small children are to be accompanied by adults.)
- One refreshment station is available along the route.

Clothing and equipment

- Wear comfortable clothes and appropriate shoes for walking or running for a dry or wet day.
- Bring along a spare set of clothes and shoes for the BBQ dinner.
- Changing and shower facilities are available in the clubhouse.

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