



Umbrella exists to improve opportunities for women and families in the communities we serve to live safe, productive, self-determined lives. We focus our efforts in two areas: decreasing the incidence and impact of domestic and sexual violence, and ensuring that children thrive in safe communities and in families attentive to their needs. We currently offer three programs toward this end: The Advocacy Program, Kingdom Child Care Connection, and The Family Room Supervised Visitation Program.

**Umbrella**  
 1222 Main Street, #301  
 St. Johnsbury, VT 05819  
 802-748-1992  
 802-748-8645 24 hr crisis hotline



## Kingdom Trails

Kingdom Trails' mission is to provide recreation and education opportunities for local residents and visitors while working to conserve natural resources and create economic stimulation. We strive to accomplish this mission by providing a network of quality non-motorized trails for all level of abilities incorporating the best of the local scenery and natural diversity. We have permission of 42 land-owners and businesses that make this all possible.

Kingdom Trail Association  
 PO Box 204  
 East Burke, VT 05832  
 802-626-0737  
 info@kingdomtrails.org

## 2009 Sponsors

### Marathon (\$1,000+)

Passumpsic Savings Bank

### Half-Marathon (\$500-\$999)

Northern Vermont Regional Hospital

### Mile (\$250-\$499)

Allen Lumber, WICOR America, Community National Bank, Center Tower, Axelrod & Adler, Black Dog Builders, Trout River Brewing Company, Sawyer & Ritchie Agency, Casey & Associates, North Country Health System, Northeast Computer Systems, Village Sport Shop, Gensburg, Atwell & Broderick, Optical Expressions

### Sprint (\$50-\$249)

Caplan's Army Store, Gauthier's Pharmacy, Peabody & Smith Realty, Physical Therapy Associates, Law Offices of Jay Abramson, Merchants Bank, Edward Jones, Staci Whitcomb/Wachovia Securities, Reid & Balivet, Stahler Furniture, Mayo's Furniture & Floor Covering, Union Bank

We will update 2009 sponsors as they come in.



Thanks to *Market Cafe & Catering* for their generous support, to Ginn Resorts for the use of the facilities at Burke Mountain and to Vermont Heritage Spring Water Co.!



## Mother's Day

**Fun Run + BBQ  
 5k and 10k**

**Sunday May 10, 2009**

**East Burke, VT**

to benefit:

**umbrella & KINGDOM TRAILS**

# Celebrate the Mothers in Your Life with Fun, Food and Fitness

## THE COURSE

Traversing the ruggedly beautiful countryside at the base of Burke Mountain in East Burke, Vermont, the course offers unsurpassed views of Willoughby Gap, Burke Mountain and the Northeast Kingdom's wide variety of flora and fauna. The 5k and 10k races will be run simultaneously, over a combination of trails and gravel road. Walkers are welcome.

**Complimentary child care will be provided.**

## ENTRY FEES

- **Preregistered (by May 6th): \$25** Includes 1 BBQ ticket and a t-shirt while supplies last.
- **Day of Race: \$30** Includes 1 BBQ ticket
- **Students: \$15**, includes 1 BBQ ticket
- **Kids' ½ Mile Fun Run (10 and under): Free**

## Barbeque

Assorted meats, salads, baked goods and beverages (vegetarian options will be available). Included in race fee for runners, \$15 for non-runners 11+, \$5 for kids 10 and under.

## TIME

Registration opens at 9:00 AM.  
Race starts: ½ Mile: 9:30 AM,  
5k & 10k: 10:00 AM, Picnic 11 – 1.

## LOCATION

Burke Mountain  
Sherburne Base Lodge Road  
East Burke, VT

## AWARDS

Prizes will be presented to the fastest times in several categories, including fastest mother/child combination time. Special awards for Challenge Teams.

## CHALLENGE TEAMS

Businesses, organizations, schools, churches and clubs are encouraged to run as a team. Wear team colors and we'll get great pictures of you for your employee or community newsletters or to have as a keepsake from a fun time had by all for a great cause. There will be special awards for Challenge Teams, and great opportunities to promote your organization in the community. Organizations can also match team members' registration fees and be eligible for sponsorship benefits.

## Games and Fun

Weather permitting, we will have a variety of games, music and activities for the whole family.

**Online Registration (credit card)  
is available at [www.umbrellanek.org](http://www.umbrellanek.org)**

**Many thanks to students & faculty from the  
Exercise Science Department at**

**Lyndon State College**

For more information contact Theresa at (802)748-1992 x315 or [theresa@umbrellanek.org](mailto:theresa@umbrellanek.org)

## **2009 Mothers' Day Fun Run & BBQ Registration Form (Please Print)**

Name		Event	
Address			
Town	State	Zip	
Email address		Phone	
		M F	
Age as of 5/10/09		Sex	

In consideration of the acceptance of this entry, I hereby for myself, my heirs, my executors and administrators, waive and release any and all rights and claims for damages that I may have against Umbrella, Inc., Kingdom Trails, race directors and the town of Burke, their officers or members, their agents, representatives or assigns, for any and all injuries suffered by me before, during or after the Mothers' Day Fun Run and Picnic.

Signature	Date
Parent/Guardian Signature if under 18	Date

Payment Details		
1	Race Registration (\$25, \$15 students) =	
	Add'l Adult Meals x \$15 =	
	Add'l Kids Meals (10 + under) x \$5 =	
	I can't attend, but I'd like to support Umbrella's mission with a gift of:	
<b>Total Enclosed=</b>		

**I'm running with TEAM \_\_\_\_\_**

Please make checks payable to "Umbrella" and mail to 1222 Main Street, #301, St. Johnsbury, VT 05819. Entries must be received by May 6<sup>th</sup> for pre-registered fee. After May 6<sup>th</sup>, registration is race day only.

**Proceeds benefit Umbrella.**