

Run, Walk or Skip for the Kids of Sonoma County



396 Tesconi Court
Santa Rosa, CA 95401
707-544-3077
www.sonoma4cs.org

2008 Human Race
Saturday, May 10
Herbert Slater School
3500 Sonoma Avenue
Registration is 6:30 - 7:45
Runners start at 8:00
Walkers start after runners

4Cs Mission

To inspire our community to support the well - being of every child, and to improve the quality and availability of Child Care in Sonoma County

Our History

The Community Child Care Council of Sonoma County (4Cs) is a non-profit agency that has been meeting the child care needs of families in Sonoma County for the last 35 years. The majority of our funding comes through contracts from the California Department of education with some additional funds coming from Federal and local government dollars. Because of the uncertainty of funding from year to year and the stringent terms and conditions, the agency relies on donations and fund raising to meet the overall costs of operations, and the upkeep of the office and our child care centers.

Community Success Stories

Carolyn had many problems in her personal life. A divorced mom with two children, she was on Temporary Assistance for Needy Families (Welfare) when she came to 4Cs. She found a job and we subsidized her child care while she worked full - time. Carolyn was determined to get out of the cycle of poverty in which she found herself. She applied to college, took night classes and earned a B.A. She was then accepted to medical school at UC Davis. Carolyn is now a doctor and contributing member of the community.

One of our food program case workers was called by a child care provider. The child care provider was concerned because an infant in her care was not thriving. The 4Cs case worker contacted the parents and found that the parents were feeding the six - month old the same foods they were eating, including skim milk. Through classes and materials supplied by 4Cs, the parents learned how certain fats and nutrients are crucial for the child's brain development and overall growth. Today the child is a happy and healthy adolescent.

* Names and minor details changed for confidentiality



Help us build a healthy and strong community by meeting the needs of families and children. Donations have helped to support the following programs and activities:

- Twelve Child Development Centers with high standards for early care and education
- Reimburse family child care providers for serving nutritious meals to children

- Preschool and child care referrals for parents seeking centers and family child care homes
- Referrals to community resources
- Workshops and training for early care professionals in child development, quality assurance, health and safety and business practices.
- Alternative Payment (Child Care Voucher) program for income eligible families

Human Race 2008

Pledge Collector: _____

Age: _____ Telephone: _____

Address: _____

Waiver: In consideration of acceptance of my entry, I, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I have or may have against the organizers of this event, its principals, its employees, all sponsors and their representatives and any and all claims of damages, demands, actions whatsoever in any manner, as a result of my participation in the Human Race event, including travel to and from the event. I attest and verify that I am physically fit and have sufficiently trained for the completion of the event and I have not been advised otherwise by a qualified medical person. Further, I hereby grant full permission to any and all of the foregoing to use my name and likeness in any broadcast, telecast, video or print media of the event without compensation to me.

Signature: _____ (Parent or guardian must sign if under 18)

Date: _____

Organization receiving funds:
Community Child Care Council (4Cs)
396 Tesconi Court
Santa Rosa, Ca 95401

Tips for a successful Human Race:

- Make pledge checks payable to the HUMAN RACE
- Collect pledges early. It's easier for everyone to collect at the time of pledge
- Make a copy of pledge sheets before race to keep for yourself
- Bring original pledge sheet (s) to the race to receive your T - shirt
- Animals are welcome if accustomed to crowds and children
Please keep pets on leashes and clean up after them
- Do not bring pledge money to the human race
- Go to www.humanracenow.org for more information on the HR

DONOR	ADDRESS	ZIP	PHONE	DONATION	PAID
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Make copies of this sheet for additional pledges				Total amount of pledges	\$