



Saturday, February 21, 2009 **Westdale Mall, Cedar Rapids**
 Registration 8am/Walk 9am-10am/Family Expo 10am-Noon

Save the date **AND** register now for the 2009 Movin' for McAuley mall walk, presented by Panera Bread. This annual fundraising walk benefits the Catherine McAuley Center in Cedar Rapids with all of the proceeds going directly to the Center and its mission of providing basic education to adults and transitional housing for women.

Walking as a team? Team Packet Pick Up Days are January 9th & 16th at Panera Bread:

January 9th: Panera Bread at 5010 Council ST NE, 7am-1pm and 5pm-7pm.

January 16th: Panera Bread on Edgewood SW across from Westdale Mall, 7am-1pm and 5pm-7pm.

Stop by either location: we'll have valuable Panera Bread coupons for team captains and opportunities to win prizes!

Mark your calendars and join us for the walk, February 21, 2009. Come out and enjoy Panera Bread bagels & coffee, inflatable's, and great prizes. New this year, a Family Expo: games, activities, and an opportunity to meet organizations dedicated to providing families with entertainment, exercise, education and how to get involved in the community. Check it out!

Please detach and return the form to the address listed at the bottom

**If under age 18:
 age on 2/21/09**

Name _____

Address _____
(street) (City) (State) (Zip)

Phone _____ **E-mail** _____

I cannot walk, but here is my donation to Catherine McAuley Center

T-shirt Info:

I would like a complimentary t-shirt I would NOT like a t-shirt

Circle T-shirt size: **Child:** S M L **Adult:** S M L XL XXL* XXXL*

*Please add \$2.00 for XXL and \$3 for XXXL to your registration fee.

Must register before Feb. 6 to be guaranteed at t-shirt. After Feb. 6 t-shirts will be available on a first come, first served basis.

Team Members Only:

Team Name _____ **Team Captain** _____

Type of Team:

Business team **Family Team** **Student Team** **Other**

**Please read the event participation waiver - your signature equates to agreement to terms. You cannot participate without signing this form. If you are under age 18 you must have a parent or guardian's signature to participate.*

I understand that my consent to these provisions is given in consideration of the acceptance of this registration and for being permitted to participate in this event. I am a voluntary participant in this event and in good physical condition. I know that this event is a potentially hazardous activity and I hereby assume full responsibility for any injury or accident which may occur during my participation in this event or while on the premises of this event and I hereby release and hold harmless and covenant not to file suit against Westdale Mall, its local affiliates and any affiliated individuals, Panera Bread of Iowa, its local affiliates and any affiliated individuals, or The Catherine McAuley Center, its local affiliates and any affiliated individuals. I give my full permission to the Catherine McAuley Center, Panera Bread of Iowa and sponsors to use any photographs, videotapes or other recordings of me that are made.

Signature _____ Date: _____

Registration Fees:

Before February 6		After February 6	
Children 0-3	Free	Children 0-3	Free
Youth/Students (ages 4-18)	\$5	Youth/Students (ages 4-18)	\$10
College Students (ages 19-22)	\$10	College students (ages 19-22)	\$15
Adults	\$20	Adults	\$25

2XL t-shirt add \$2 3XL t-shirt add \$3
 Registration forms received before Feb. 6 are guaranteed a shirt.
 After Feb. 6, shirts will be available on a first come first served basis.
Please make all checks payable to: The Catherine McAuley Center

Fees Enclosed:

Registration: _____

2XL or 3XL shirt: _____

Donation: _____

Total Pledges: _____

Total Enclosed: _____

PRE-REGISTRATION DEADLINE: 4PM, FEBRUARY 6, 2009

Drop off or mail registration, fees & pledges to:
Catherine McAuley Center
 866 4th Ave SE
 Cedar Rapids, IA 52403-2423

OR

Drop off registration, fees & pledges to:
Panera Bread
 5010 Council ST NE
 2665 Edgewood PKWY SW

For more information about the Catherine McAuley Center, the Panera Bread Movin' for McAuley Walk, and how to donate or volunteer call us at: **(319) 363-4993** or visit **www.catherinemcauleycenter.com** or **www.panera-iowa.com**