

MALARIA IN MALAWI

- Fact:** Malaria is a serious and sometimes fatal disease.
- Fact:** Malaria is transmitted by infected mosquitoes.
- Fact:** The whole population is at risk.
- Fact:** Most vulnerable are pregnant women and children under 5.

Malaria in Malawi: a disease of poverty and a cause of poverty

A major public health problem:

- Malaria is the leading cause of death in children under five years of age
- Malaria contributes greatly to anemia in children, a major cause of poor growth and development.
- Malaria worsens HIV by increasing viral load in adults and pregnant women, possibly accelerating progression to AIDS.

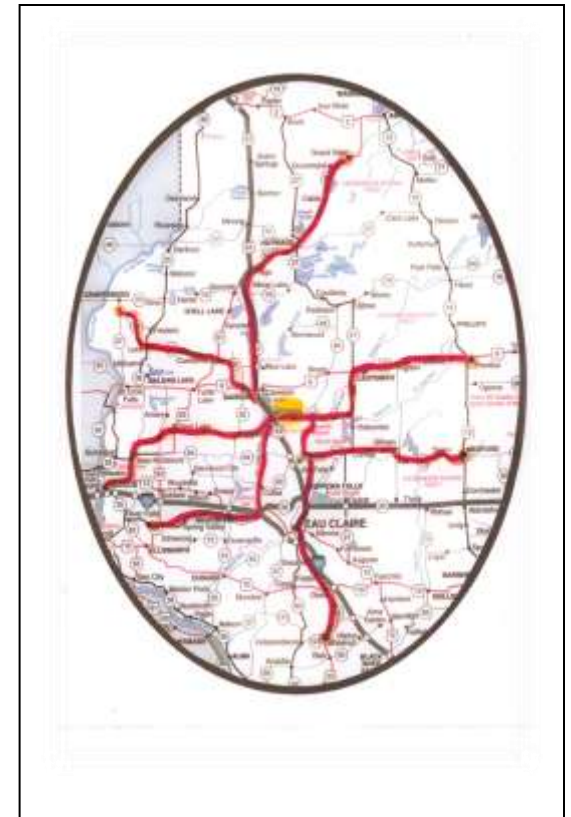
A major economic problem:

- It affects the poorest and keeps them poor
- Malaria traps families and communities in a downward spiral of poverty
- Adults lose an average of 25 working days per year which results in significant loss of family income
- Low income families spend more than one quarter (28%) of their yearly income to treat Malaria

“Miles for Malawi”

7x77 Mile

Running and Biking Relay



Saturday, May 15, 2010

Northwest Wisconsin

Sponsored by Northwest Synod of Wisconsin
Evangelical Lutheran Church in America

The FAQ Page

How does the relay work? There are 7 routes. Each route has 11, 7 mile "legs". Participants will run or bike at least one 7 mile leg. One mosquito bed net will be passed along each route.

How do I know where to run or bike?

Each route has a coordinator who will help you choose the best "leg". There will be 2 "legs" for bikers and 9 "legs" for runners.

What time is the race? Each of the 7 routes will begin at 7a.m. and finish in Chetek around 5 or 6. You are welcome to ride along the whole route or be at the start of your "leg" at a projected time. Your coordinator will help you identify the time.

How much does it cost? \$15. This will cover the cost of a t-shirt and one mosquito bed net.

Is the relay a race? No, it is not. The purpose is to have a great time, increase awareness about Malaria in Malawi, and raise funds for bed nets. The competition will be to see which route can register the most participants.

Who can enter the relay? Anyone who can run or bike 7 miles. You need not be available the whole day.

Is the "course" closed? No it is not. All participants will need to follow all rules of the road. The race is not supported with "official" water stops or aid stations. Entrants must "support" themselves.

Route Coordinators

All routes end at Luther Park Bible Camp in Chetek. Contact the coordinator of the route you would like to register for to get specific route information.

Hudson: Brian Ferguson
(715)781-1962

1751 Laurel Ave, Hudson WI 54016
milesformalawi@live.com

Prentice: Bob Giese
(715)767-5272

W4946 State Hwy 86, Ogema, WI 54459
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Grantsburg: Keith Ruehlow
(715)268-7290
217 Deronda St., Amery, WI 54001

keithruehlow@hotmail.com

Whitehall: Brian Ferguson
(715)781-1962
1751 Laurel Ave, Hudson WI 54016

milesformalawi@live.com

Registration Form

Complete and mail with payment to your route coordinator. \$15 check made payable to Northwest Synod of Wisconsin Registrations received by May 1 will receive t-shirt on relay day. Others will be available at a later date.

Name _____

Address _____

Phone _____

Email _____

Run _____ Bike _____

Route start city: _____

t-shirt size S M L XL XXL

Knowingly and at my own risk I do hereby apply to enter an athletic event. I hereby release and discharge any, organization(s), entity(s), municipality(s), and/or individual(s) directly or indirectly associated with this event from all claims, demands, injuries, damages, actions or causes of action and from all acts of active or passive negligence on the part of such organization(s), entity(s), municipality(s), and/or individual(s). I am entering this event knowing that it may induce or enhance physical injury(s) and/or health risk(s). I will not hold any organization(s), entity(s), municipality(s), and/or individual(s) responsible and/or liable for any physical injury(s) and/or health risk(s) that may be encountered during this event.

Signature _____ Date _____

(Guardian if under 18)