

Tsapatos Belay, owner of Lalibela Restaurant, and Safety And Health Foundation cordially invite you to

Mary Joy One-Mile Run & Walk

Sunday, December 24, at 12:00 noon, at Lalibela Restaurant, 1621 South Walter Reed Drive, Arlington VA 22204
to benefit Mary Joy Development Association - www.maryjoy-ethiopia.org



Mary Joy
Development Association
www.maryjoy-ethiopia.org



Joy
To The
World



Lalibela Ethiopian Restaurant
1621 South Walter Reed Drive, Arlington VA
703-567-4782



For complete information,
please see
www.safetyandhealthfoundation.org/maryjoy

Professional managed by Safety And Health Foundation

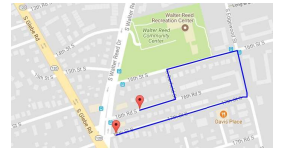
Race-day events on-site on Sunday, December 24

- 🌐 11:15 AM-11:45 AM – Packet pick-up and race-day registration
– Free *buna* (Ethiopian coffee) before the race starts at 12:00 noon
- 🌐 12:00 noon-12:15 PM – **Mary Joy One-Mile Run & Walk**
- 🌐 12:15 PM-12:45 PM – Awards & traditional Ethiopian buffet lunch



Course: No road crossings – see map at www.gmap-odometer.com/?r=7175846
Out'n'back on flat suburban streets and sidewalks, passing The Great Wall of Arlington
We share the sidewalk with others -- please be courteous to other pedestrians -- please stay to the right

Directions: **From Arlington Boulevard (Route 50)**, turn south on South Fillmore Street
At 7th Street South, South Fillmore Street becomes South Walter Reed Drive
Continue southbound on South Walter Reed Drive to 16th Street South
Turn left into free parking in front of Lalibela Ethiopian Restaurant
From I-395, turn north on South Glebe Road and go up the hill to 17th Street South
Turn right into free parking in front of Lalibela Ethiopian Restaurant



Goodies: No t-shirt, but every entrant receives a \$5-off coupon for Lalibela Ethiopian Restaurant
Awards: Top 3 overall M/F + Top 3 M/F students up to 12th grade, adults 18-29, 30-39, 40-49, 50-59, 60-69, 70+
Printed certificates and seven-color holiday lights from Safety And Health Foundation for all award winners

For more information, please contact:

🌐 Jay Jacob Wind (racedirector@att.net, 703-927-4833) 🌐 Tsapatos Belay (tsapatos76@yahoo.com, 703-485-7406)

MARY JOY ONE-MILE RUN & WALK • MAIL-IN ENTRY FORM

Make checks payable to **SHF** c/o Jay Jacob Wind, 611 South Ivy Street, Arlington VA 22204

----- Please use a separate form for each participant -----

By entering this event, I agree as follows: I know that running is a potentially hazardous activity. I should not enter or run in these activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this race including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release Safety And Health Foundation, Arlington County Virginia, Lalibela Ethiopian Restaurant, Mary Joy Development Association, RRCA, USATF, and all sponsors, their directors, officers, employees, agents; representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I agree that the application fee is non-refundable. I agree that the sponsors of this event may use my name and likeness for publicity purposes.

Signature _____ (parent or guardian if under 18)

Name _____ Gender (M F) [] Age as of December 24, 2017 []

Address _____ Birthdate ____ - ____ - ____ (mm-dd-yyyy)

City ST ZIP _____ Phone _____

E-mail _____

Register early and save \$8! Enclosed is my entry fee:	Adults	Students up to 12 th grade
🌐 Early registration December 7-December 18	[] \$12.00	[] \$10.00
🌐 Late registration December 18-December 22	[] \$15.00	[] \$12.50
🌐 Race Weekend December 23-December 24	[] \$20.00	[] \$15.00

I want to be a sponsor. Enclosed is a tax-deductible gift of

\$_[] to Mary Joy Development Association (please write a separate check) \$_[] to Safety And Health Foundation



About Mary Joy Development Association

Mary Joy Development Association (MJDA) is a non-governmental, non-religious, non-political non-profit organization established under the Civil Societies and Charity Agency of the Democratic Republic of Ethiopia. MJDA was founded by the present Executive Director Sister Zebider Zewdie.

MJDA focuses on four program areas:

- Improving livelihoods
- HIV & AIDS
- Community and organizational capacity building
- Private community - public partnership

MJDA's targets:

- **Target Areas:** MJDA works in two regions: Addis Ababa and Southern Nations and Nationalities, based at four coordination offices (Kolfei, Yeka, Hawassa, Dilla) and nine satellite offices located in Southern nations and nationalities, Sidama Zone, Geddo Zone, and Halabakulito special *woreda*. Mary Joy covers 63 *Kebeles* and has assisted more than 1,580,475 people
- **Target Groups:** Children, especially orphans and vulnerable children, destitute older persons, people living with HIV/AIDS, women, youth, livelihood sex workers, and factory workers are the main disadvantaged groups of people with whom MJDA works



www.maryjoy-ethiopia.org

Do you know Sr Zebider?

Current Executive Director to Mary Joy

Job Experience

- Served as various positions as a capacity of a woman leader
- Health Supervisor at Addis Ababa City Government
- Country Advisor Mary Joy at a capacity of Executive Director

Educational Background

- B.A. in Education, Addis Ababa
- B.A. in Social Work, Addis Ababa
- M.A. in Education, Addis Ababa
- M.A. in Social Work, Addis Ababa
- M.A. in Health Administration, Addis Ababa

Memberships

- Member of the Ethiopian Red Cross Association
- Member of the Ethiopian Women's Union
- Member of the Ethiopian Nurses Association
- Member of the Ethiopian Teachers Association
- Member of the Ethiopian Journalists Association
- Member of the Ethiopian Writers Association
- Member of the Ethiopian Music Association
- Member of the Ethiopian Dance Association
- Member of the Ethiopian Sports Association
- Member of the Ethiopian Chess Association
- Member of the Ethiopian Football Federation
- Member of the Ethiopian Basketball Federation
- Member of the Ethiopian Volleyball Federation
- Member of the Ethiopian Badminton Federation
- Member of the Ethiopian Table Tennis Federation
- Member of the Ethiopian Judo Federation
- Member of the Ethiopian Wrestling Federation
- Member of the Ethiopian Fencing Federation
- Member of the Ethiopian Archery Federation
- Member of the Ethiopian Shooting Federation
- Member of the Ethiopian Equestrian Federation
- Member of the Ethiopian Olympic Committee
- Member of the Ethiopian Paralympic Committee
- Member of the Ethiopian National Olympic Committee
- Member of the Ethiopian National Paralympic Committee

