



Your donation helps provide

- Access to education, computers, counseling and health services
- Recreation and social programs for seniors and youth in the St. Louis Metropolitan area
- Daily nutritional meals for onsite seniors, homebound seniors through Meals on Wheels and Summer camp meals for youth



Online Registration is available at:  
[www.bigriverrunning.com/speedyfeet](http://www.bigriverrunning.com/speedyfeet)

Credit card payments/registrations can also be made by calling: 314-531-4161

Also, feel free to mail your registration form and check to:

Northside Community Center, Inc.  
4120 Maffitt Ave., St. Louis, MO 63113

Phone: 314-531-4161  
E-mail: [coleman7@hotmail.com](mailto:coleman7@hotmail.com)



4120 Maffitt Ave.  
St. Louis, MO 63113

«Company Name»  
«First Name» «Last Name»  
«Business Contact»  
«Address Line 1»  
«City», «State» «Postal Code»

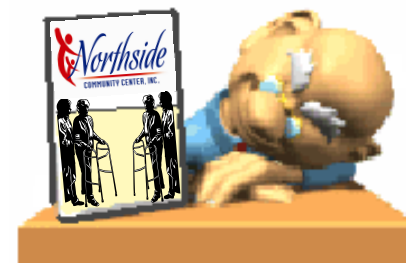


**Run/Walk  
1 Mile ~ 5K**

*~Meals On Wheels~  
Speedy Feet Helps Seniors Eat*

**Run/Walk  
1 MILE ~ 5k  
Fundraiser  
May 5, 2012**

*“Meals On Wheels  
Speedy Feet  
Help Seniors Eat”*



Phone: 314-531-4161