

5K WALK RUN For Hunger

Feeding the hungry one step at a time

November 17th
Quiet Waters Park
Deerfield Beach, 7:00am

- * Accuchip timing, live music
- * 5 year - 3 deep awards, face painting & more!
- * www.foodforthe poor.org/walk



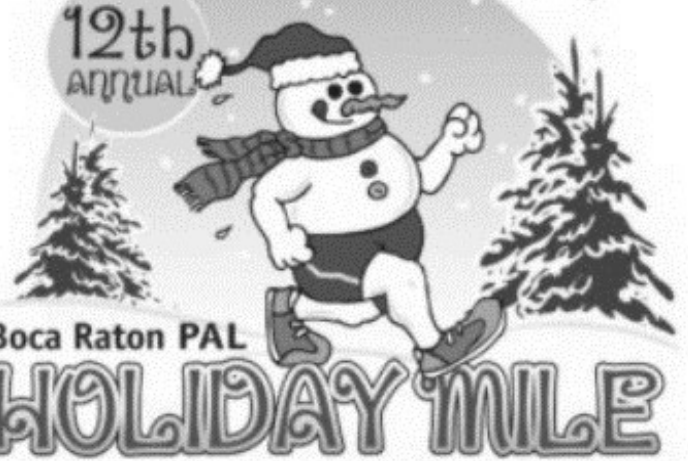
VOLUNTEERS NEEDED!

- November 4th Sun-Capital Half Marathon
- November 17th Food for Poor 5K Run
- December 5th—PAL Holiday Mile
- December 8th Take Stock in Children 5K

Call 561-361-1950 or email Tvladimir@aol.com



15K/30K Run



December 5, 7:00pm
Boca Raton Parade

- *3 deep age group awards.
- *accuchip timing, free pizza!
- *Thousands spectators at parade.
- *Register: www.active.com



November 10, 2012

*Come run and relax
in*

Key Largo



www.keylargobridgerun.com