

# 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.foodforthehungry.org/walk](http://www.foodforthehungry.org/walk)



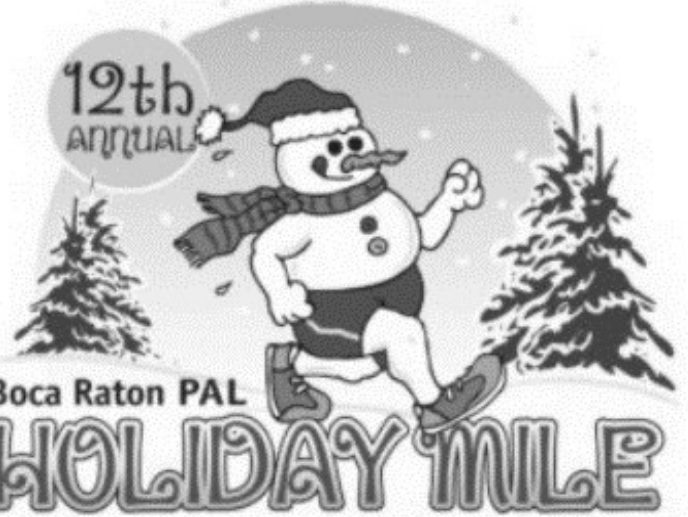
## VOLUNTEERS NEEDED!

- 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](mailto: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](http://www.active.com)



**November 10, 2012**

*Come run and relax  
in*

*Key Largo*



[www.keylargobridgerun.com](http://www.keylargobridgerun.com)