

16th Annual Bread of Life Walk for Bread & 5K Run



Sunday, Oct. 5, 2008

12:00pm Registration, 1:00pm 5K Walk or Run

Pine Banks Park, Main Street, Melrose

To benefit Bread of Life, a local nonprofit that provides free meals, grocery delivery to senior citizens, and a food pantry for residents of Malden, Medford, Melrose, Everett, and surrounding towns.* This year's walk and run will go around scenic Pine Banks Park. It will include plenty of family fun, entertainment, and refreshments. Bring your kids, bring the dog, come enjoy the day!

Music • Food • Activities for Kids

Course: 5K for walkers and runners (3.1 miles).

Time: The run will start at 1pm in the parking lot near the caretaker's house. The walk will start 5 minutes after the run. Please come at noon for registration, entertainment and fun.

Parking: Parking is available entering from Sylvan Street or Main Street.

Registration: Registration on Walk/Run day will be held at the tot lot/pavilion area of Pine Banks beginning at noon. Fill out the sponsor sheet on the back of this flyer and mail it in, or return it, with funds raised, on the day of the Walk/Run. For more information, or to download a sponsor sheet, or to pledge online, go to:

<http://www.thebreadoflifeonline.org/walkforbread.htm>

Click on "Use Active to Donate" to pledge online, or create your own active.com web page so you and your sponsors can donate online.

* Bread of Life began in 1980 and is the faith-based effort of 35 churches, synagogues, schools and civic groups. In 2007, Bread of Life served about 285,000 meals. The food pantry provided needed food to hundreds of local families, seniors, disabled, homeless and unemployed people. Due to decreases in foundation and government sponsorship, we depend more than ever on individual support. The Walk for Bread is Bread of Life's single largest fundraiser. Please come meet your neighbors, enjoy the day and support Bread of Life!

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