



CHARITY 5K RUNIFUN WALK

IN SUPPORT OF:



Fit 4 The Cause was formed in response to America's healthcare crisis and provides therapeutic exercise and nutrition education to those who cannot afford trainers or attend gyms under normal circumstances. Fit 4 The Cause principally services low-income communities where many residents experience metabolic and ambulatory challenges, and currently services 1,500 beneficiaries including: at-risk teens, fragile seniors, and vulnerable children. Licensed fitness professionals and nutrition educators are provided to beneficiaries, and progress is tracked through the programs and the well-being of these groups. For more information on Fit 4 The Cause, visit: <https://fit4thecause.org/>

SATURDAY, MARCH 16, 2019

CHECK-IN & ONSITE REGISTRATION: 7:00AM-8:00AM

RACE STARTS AT 8:15AM

FUN WALK STARTS AT 8:30AM

*****FOOD AND BEVERAGES WILL BE PROVIDED**

GRIFFITH PARK

4730 CRYSTAL SPRINGS DR.

LOS ANGELES, CA 90027

REGISTER OR DONATE AT:

<https://runsignup.com/Race/CA/LosAngeles/LAAHUCharity5k>

Ages 0-5: FREE

Ages 6-17: \$10

Ages 18+: \$35

100% of proceeds will be donated directly to Fit 4 The Cause