

2009

Community
Ministry

5k RUN/WALK



Saturday, August 29

8:30 Registration

9:00 a.m. 5k Run

9:05 a.m. 5k Walk

11:00 a.m. Picnic

Bear Creek Park

Hampden (Hwy 285 & Raleigh)

Denver, Colorado

Registration Information

By mail:

Community Ministry

1755 S. Zuni St.

Denver, CO 80223

Make checks payable to Community Ministry.

Please write 2009 Run/Walk on the memo line.

On-line at:

www.comministry-denver.org

In Person: cash or check until August 27

Community Ministry, 1755 S. Zuni St.

Event day registration available!

Registration forms are also available at:

Runners Roost - 437 S. Wadsworth in

Lakewood or 1685 S. Colorado Blvd. in

Denver.

Boulder Running Co. SE Corner of

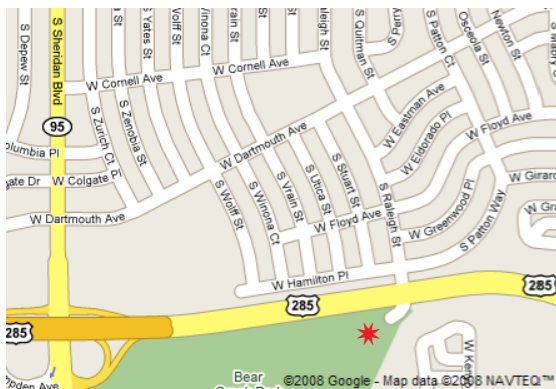
Bowles & Wadsworth



Question: 303-935-3428 ext. 102 or contact@comministry-denver.org

Volunteers are needed to help with the event. No experience is necessary. If you are interested in helping, please call: 303-935-3428 ext. 102.

The proceeds of the Community Ministry Run/Walk will go toward meeting the basic needs of qualified people in Southwest Denver who are experiencing economic hardships and related problems.



COURSE INFORMATION

The walk begins and ends at Bear Creek Park in the shelter at the South end of Raleigh under Hampden (Hwy 285). Participants will run/walk 2.5 km. along beautiful Bear Creek to Lamar and then turn around and head back. There will be refreshments and first aid stations along the way. Can't run or walk? Make a donation and join us at the picnic, which begins at at 11:00 a.m. Parking is available at the park.

PRIZES

Prizes will be given to the fastest runners and walkers in different age groups, the group with the most participants, and the organization that raises the most money!

ENTRY FEES

Registered participants will receive a t-shirt. Please complete one form for each participant.

Children 5 and under	Free
Under 18 & Over 60	\$15
Ages 19-59	\$25