



## **FAMILY FRIENDLY 5K WALK OR RUN**

### **WHEN**

**Saturday, April 6, 2019  
9:00 AM**

### **WHERE**

**Doanes Park  
5050 Doanes Park Rd  
Pleasant Hill, IA**

**REGISTER ONLINE AT  
[WWW.CARINGHANDSIOWA.ORG](http://WWW.CARINGHANDSIOWA.ORG)**

*Sponsored by:*



## **ALL AGES EVENT**

### **EARLY BIRD REGISTRATION FEB 1 - 28**

**\$30 Adults**

**\$20 Youth (12- 17)**

**11 & under FREE**

**After Feb 28, Adults \$35**

### **BENEFITING**

**Caring Hands Outreach  
Center, Clothes Hanger  
and Food Pantry for East-  
ern Polk County**

### **RACE PROCEEDS ASSIST :**

- **Over 800 households**
- **Of over 2000 individuals**
- **Providing more than 180,000 meals**
- **And over 30,000 items of clothing**