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and the Pleasant Hill Chamber

FAMILY FRIENDLY 5K WALK OR RUN

ALL AGES EVENT

REGISTRATION FEE

\$20 (11 & Under Free)

+Item to donate to Caring Hands

WHEN

Saturday, April 4, 2020

8:00 AM

WHERE

Doanes Park

5050 Doanes Park Rd

Pleasant Hill, IA

REGISTER ONLINE AT

www.pleasanthillchamber.org

CARING HANDS
mobilizing | compassion

BENEFITING

**Caring Hands
Outreach Center,
Clothes Hanger and
Food Pantry for
Eastern Polk County**

RACE PROCEEDS ASSIST :

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

We are requesting participants bring a **food** or **clothing** item to **donate** to Caring Hands at the time of race packet pickup.

Some items the clothes hanger & food pantry are in need off include:

- New adult & children's underwear
- New children's socks
- Chunky Soups (22 oz cans)