

How the Many Steps of a 5K Help Feed a Family!

To those of you who have pre-registered for the 2nd 2 None 5K Run & Walk, we thank you. What many of you don't know is that it takes many steps to plan a 5K Run & Walk and we are most grateful for each person who is taking an active part in this year's 2nd 2 None 5K to help support the **Food For Thought Program** for this summer. Our sponsors, volunteers, partners and staff members, are all working together to help make this event a most enjoyable experience for our participants.

For those of you who have not registered yet, don't wait too long as the discounted rate ends on April 26th. Make it a fun way to start the day by inviting your family, friends, and colleagues to join you as you run or walk or to just come and cheer you on as you make your way to the finish line. All ages are welcome to run, walk or both! We already have numerous school teams and businesses signed up, so the competition will be great. After the race there will be School and Corporate Challenge awards, 1st, 2nd and 3rd place medals in multiple age groups, raffle prizes and refreshments. Be among the first to run through the fabulous new RiverEdge Park in beautiful downtown Aurora.

We invite you to join us on race day or choose one of the following ways to support this year's 5K Run & Walk:

- **Register** at our race website: www.2nd2None5K.com (register by April 26th for the discounted rate)
- **"Like Us"** on Facebook at [Like our Run](#)
- **Become a Sponsor**. Contact Marilyn Weisner at 630-897-2127
- **Volunteer on race day**. Contact Denise Elsbree at 630-256-4506
- **Make a donation to the Food For Thought Program**. Each \$10.00 donation provides food for one family, from two of the weekly Mobile Pantries and helps ensure that the children do not go hungry during the summer break. Click [here](#) to make a donation today.

Participate in the 2nd 2 None 5K Run & Walk for the exercise, for the fun and for the opportunity to support our children.

Sincerely,

Theresa Shoemaker
Executive Director
Communities In Schools

Marilyn H. Weisner
Executive Director
Aurora Area Interfaith Food Pantry

