

**Please join us for the Fifth Annual Pilgrim Kids Care 5K Fun Run!**

Pilgrim Kids Care is an innovative program at Pilgrim Lutheran Church and School. Students participate in year-round projects to learn social responsibility through action.

This year's Fun Run will benefit Pilgrim Kids Care projects including **Coat Angels**, **shoe4africa** and **Back on My Feet**.

Coat Angels "provides coats, hats and gloves for some of the neediest children in the city. Without their help, these children spend harsh Chicago winters without warm clothing. Coat Angels is not for profit and strictly volunteer. Every penny we raise goes directly to purchasing warm clothing for children."

Shoe4africa was researched and chosen by the 7th/8th grade class at Pilgrim Lutheran School. From the 7/8 grade class- "**Shoe4africa** is based in New York City and holds runs for women and children in Africa, sponsors a soccer team which unites women of different tribes and promotes AIDS awareness. They are also starting an even more ambitious project of building a children's hospital, which will be the largest in Sub-Saharan Africa. We encourage your participation in this year's 5K Fun Run and look forward to seeing you there!"

**New in 2011-** Our Fun Run will be the official October race for the Chicago Chapter of **Back on My Feet**. "Back on My Feet is a nonprofit organization that promotes the self-sufficiency of those experiencing homelessness by engaging them in running as a means to build confidence, strength and self-esteem." Pilgrim Kids Care is delighted to have this opportunity to join Back on My Feet members and volunteers in their mission.

**We hope you will join all of us on October 22.**

**Date:** Saturday, October 22, 2011

**Who:** Beginner and experienced runners of all ages

**Time:** 8:00 am Registration  
9:00 am 5K Fun Run begins  
10:00 am Kid's Fun Run begins

**Fees:** \$20 for 5K (\$30 after 10/01)  
\$10 for Kids Run (\$15 after 10/01)

**Awards:** The top three male and female finishers receive an award.

**Course:** Lakefront bike path – Montrose to Foster and back

**Location:** Race day registration and start – on the lakefront at Montrose Ave.

**Packet pick-up:** Pilgrim Lutheran Church and School on:  
Thursday, Oct. 20 3:00-6:00pm  
Friday, Oct. 21 3:00-400pm  
Universal Sole (3052 N. Lincoln)  
Friday, October 21 4:00-8:00PM

**Registration:** Registration forms available online at [www.pilgrimchurchandschool.org](http://www.pilgrimchurchandschool.org)

**Generously supported by**

bucketfeet

**Pilgrim Lutheran Church and School**  
4300 N. Winchester  
Chicago, IL 60613



**Fifth Annual Pilgrim Kids Care 5K Fun Run and Kid's Run**

**To benefit:**



