

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



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

*Proceeds will be used to fight youth hunger
and homelessness in our community.*



General Information

Date:	Saturday, October 23, 2010
Who:	Beginner and experienced runners of all ages
Time:	8:00 am Registration 8:55 am Runners line-up 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
Distance:	5K Fun Run, Kid's Fun Run
Location:	Race day registration and start – on the lakefront at Montrose Ave.
Packet pick-up:	Pilgrim Lutheran Church and School on: Thursday, Oct. 21 3:00-6:00pm Friday, Oct. 22 3:00-6:00pm
Registration:	Registration forms available online at www.pilgrimchurchandschool.org

Make a Difference

Join us for the Third Annual Pilgrim Kids Care 5K Fun Run to raise awareness of and funds for homeless and at-risk youth in our community.

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** and **shoe4africa**.

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!"

We echo the 7/8 graders and encourage you to join us for this charitable and fun event.

The Pilgrim Kids Care 5K Committee

