

SAHU Supports the Veggie Chase event!
The Veggie Chase 5K and Kids Runs!
Sunday, May 23rd • 8:30 am
Hagan Community Park, Rancho Cordova

The "**Veggie Chase 5K and Kid's Run/Walk**" is coming to Rancho Cordova!
This event is a Family-Focused Run/Walk benefiting Soil Born Farms (a great local nonprofit) and our community!

SAHU strives to give our members opportunities to support health-oriented events and charities. This year we are a new sponsor to the "Veggie Chase 5K and Kids Runs" and are encouraging every SAHU member to sponsor a child.

Just \$15 sponsors a child for the Veggie Chase Event.

So please sponsor one or more children at:

www.active.com/donate/veggiechase2010/teamsahu

For more info or to register for this event, go to:

WWW.VEGGIECHASE.COM

The "Veggie Chase 5K and Kid's Runs" event provides positive messages to local families by "embracing the family..." as a unit! The goal is to get kids off of the couch and engaged in a positive event that fosters healthy lifestyles with high energy, wholesome fun. With your help, on May 23rd hundreds of kids will enjoy an entire day of fun, with tons of recognition, awards, photos, prizes and media coverage, creating positive reinforcement of healthy lifestyles.

The event draws from Rancho Cordova schools... and touches many less affluent surrounding communities. Help a child who may not be able to afford entry for the Veggie Chase by donating and sponsoring a scholarship! You CAN make a difference! Donations may be made in any amount. To sponsor a child (Entry/T-Shirt/Medal) donation is \$15/per child.

Proceeds from the event also benefit Rancho Cordova based Soil Born Farms, an urban agriculture and education project that empowers youth and adults to discover and participate in a local food system that encourages healthy living, nurtures the environment and grows a sustainable community. Thank you for donating and allowing kids to chase the veggies in the spirit of good health!

