

# Run Together Today

so those in need have food tomorrow



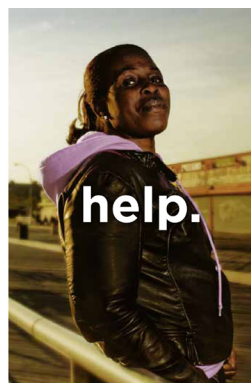
## Form a Team

By creating a team or teams for the Minnesota's Annual Rite of Spring, the Get in Gear 10k, 5k, 2k, & Half-Marathon events on Saturday, April 30, 2011, you will help ensure that the children, families and seniors in our community don't have to go without another meal. The event, which is in conjunction with a company-wide food and fund drive benefiting Second Harvest Heartland, provides friendly competition, a reason to get fit and train for the race, and helps employees/co-workers join together to provide meals for our neighbors in need.

At a time when so many are at risk of hunger, your participation in Get in Gear has never been more important. You and co-workers are providing help and hope to all of our neighbors when they need it most.

**Together we can change hunger relief to do more for our neighbors in need.**

**Create a team and make a difference.**



## Increase your company's morale

Lots of people run everyday; many for leisure activity, for the health benefits or for stress relief. This is an opportunity for employees/co-workers to do each of these things all while supporting the thousands of families that have to make the impossible choice between putting food on the table and paying their mortgage or rent, heating bills and transportation costs.

Not only do employees benefit, companies do too. Many companies print t-shirts so participants can proudly display their companies involvement. Plus, company support shows employees they care about outside causes, creating a sense of endearment.

Contact **Sara Ibis at 651.209.7913** or **sibis@2harvest.org** to start a Food and Fund Drive.



**Get involved today so that no one has to choose tomorrow.**