

# Start a Get in Gear Team...

And help provide food for hungry neighbors.



Get in Gear, Minnesota's annual right of spring, is a perfect opportunity for you to participate in a 10k, 5k, 2k or half-marathon while making a difference in the lives of our hungry neighbors. This annual event, which is in conjunction with a company-wide food and fund drive benefiting Second Harvest Heartland, has raised \$100,000. With your support, we hope to continue to do even more for our neighbors in need in 2012.

## Get Involved

This year, consider gathering your employees and co-workers and creating a Get a Gear team. While lots of people run everyday; many for leisure activity, for the health benefits or for stress relief, this is an opportunity for employees and co-workers to do each of these things all while supporting the thousands of hungry families in our community.

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 **651.209.7915** or  
**sibis@2harvest.org** to start  
a Food and Fund Drive.



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

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

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