

**Kids Against Hunger**  
**Fill Their Plate Run**  
**Saturday, June 16, 2012**  
**West of Thomas Beach**  
**Lake Calhoun**

[kidsagainsthunger.org](http://kidsagainsthunger.org)  
[filltheirplaterun.org](http://filltheirplaterun.org)  
[filltheirplate.org](http://filltheirplate.org)

Kids Against Hunger



**Event Schedule**

<b>7:00AM to 10:45AM</b>	<b>Check-in &amp; Registration</b>
<b>8:00AM</b>	<b>10K Run</b>
<b>9:20AM</b>	<b>5K Run/Walk</b>
<b>10:30AM</b>	<b>Kids 1 Mile Run</b>
<b>10:45AM</b>	<b>Kids 1/4 &amp; 1/2 Mile</b>

**THANK YOU!**

We are so grateful for all of you taking a Saturday morning to make a difference for children in Haiti & Honduras. They are in tremendous need and you help make a difference just by registering for this run/walk. We trust you will have a great experience as we come together to help **Stop Hunger. Now.**

**LOOK FOR THE TENTS (East of Calhoun Parkway towards the lake, near the W. 36th Street intersection.)**

The Registration Tents will be set up near the Finish Line. You'll need to report there to pick up your race packet. Event shirts can be picked up before or after your Run/Walk at the Shirt Tents.

**FOOD & DRINK**

Our gracious sponsors have donated some great food for you participants. We will also have chips, fruit, and other snacks. Bottled water will be available in the food tent as you finish your run/walk, along with the water cups handed out at the water stations throughout the course, and at the finish line.

**RUNNING RULES & OTHER COURTESIES**

We are discouraging the use of MP3 players for the sake of taking in the experience. That said, we certainly won't be kicking you off the course if you do. Strollers are permitted (walking or running) as long as you are considerate to others on the course. With all the kids at this event, we are asking you to leave your pets at home.

**10K RUN, 5K RUN/WALK & THE KIDS' 1/4, 1/2, and 1 MILE FUN RUNS**

The 10K Run and 5K Run/Walk are chip-timed and travel counter-clockwise around the lake on Calhoun Parkway and Lake Street. The 10K starts at Upton Avenue. The 5K starts at Xerxes Avenue. Both finish up just south of W. 36th St. The Kids 1 Mile Run will be an out & back on the road, starting and finishing at the 5K/10K finish line. The kids 1/4 and 1/2 mile runs will be in the grass, starting and finishing just south of the registration, food, and vendor tents.

**KIDS' GAME AREA (Not Available This Year)**

We have decided to not have the kids' game area this year. It has been fun, but a lot of work for the short window of time we had it open for the kids. We love having the kids at this event, especially since it is a "Kids Against Hunger" event, so we will always have the family friendly, Kids' Fun Runs.

**SAME DAY REGISTRATIONS**

Same Day Registration will be open from 7:00AM to 10:45AM for all of the events. The 5K and 10K events are \$40. Kids' Runs remain \$10. Cotton Run/Walk shirts are provided to participants on a first come/register basis as supplies last. That said, we strive to order enough extra so that we have plenty for all.

**EXTRA CASH**

Make sure you bring along some extra cash to purchase Kids Against Hunger shirts and various sale items. We will also be selling any extra Run/Walk shirts after 9AM.

**PACK-A-THONS TO PACK ALL THE FOOD WE RAISED!**

Help us pack up all the meals that were raised through this KAH Run/Walk! The Bloomington, Lakeville, and South Minneapolis Kids Against Hunger satellites are hosting a 50,000 to 100,000 meal Pack-a-Thon in the months that follow the Run. There will also be a Pack-a-Thon in New Hope. Find more information at [www.filltheirplate.org](http://www.filltheirplate.org). You can also sign up to help pack meals during one of the many two hour packing sessions at these events.

# Kids Against Hunger

## Fill Their Plate Run—June 16, 2012

W Calhoun Pkwy & W. 36th Street  
Minneapolis, Minnesota 55408

**NOTE: Calhoun Parkway will be closing at 7:30AM for the run. It will not reopen until 11:30AM. You'll need to find alternate routes if you are arriving during that period.**

**PLEASE** plan on arriving early for your run/walk. You will need to figure in extra time with your alternate route, finding a parking spot, and checking in or registering for the run.

Your best option is to park somewhere in the neighborhoods on the southwest corner of the lake. Our main staging area is on the lake side of W. Calhoun Parkway, just south of W. 36th Street. Look for the tents and follow the signs to Check-In and Registration.

It's about .2 and .4 miles to the 5K and 10K starts, respectively, from the Registration Tents.

