

# Be part of doing good while changing lives!



## Team Spirit • Camaraderie • Fun

### SIGN UP

- Become a team captain (download your kit at [bigcardio.org](http://bigcardio.org)).
- Join a team.
- Participate individually.

### SPONSOR

- You're in good company when your company's a corporate sponsor.
- Unable to participate? You can sponsor someone else.

### SERVE

- Volunteer tent with refreshments.
- Service hours for high school and college students.
- Sign up at [bigcardio.org](http://bigcardio.org).

### START FUNDRAISING

- Earn cool prizes.
- Registration includes eay, customizable fundraising page.
- Emails, social media posts, tips provided.

**Sign up today at [bigcardio.org](http://bigcardio.org)!**

Thank You to our Sponsors:

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POSITIVE, ENCOURAGING  
**KLOVE**

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The BIG Cardio Event is produced by BIG Children's Foundation, Inc., a 501(c)3 non-profit organization that provides opportunity and support for at-risk youth in South Florida. [BIGCF.org](http://BIGCF.org)



# **BIG CARDIO**

An annual event since 2008

5K • FITNESS • SPORTS • CYCLE • FUN

**Saturday, May 4, 2019**

**7am - 12pm**

**Central Broward Regional Park**

**3700 NW 11th Place, Lauderdale, FL 33311**

**(NE corner of Sunrise Blvd and US 441)**

**Something for Everyone!**

## EVENT ACTIVITIES

5K Run/Walk

Wheelchair Div.

Fun Zone For All

Kiddie Rides

Cardio Class

Soccer

Climbing Wall

Bounce Houses

Cycling Class

Volleyball

Bungee Jumping

Face Painting

Obstacle Course

Basketball

Slides

Mini Golf

KidFit

Soccer Clinics

Carnival Games

**Registration and information: [www.bigcardio.org](http://www.bigcardio.org)**

