



An annual event since 2008

# BIG CARDIO

5K • FITNESS • SPORTS • CYCLE • FUN

## Saturday, May 2, 2026

### 6am - 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	Pickleball	Fun Zone For All	Bounce Houses
1-Mile Prayer Walk	Soccer	Climbing Wall	Face Painting
Cardio Class	Volleyball	Slides	Mini Golf
Cycling Class	Basketball	Activities	Carnival Games
Obstacle Course	Kid's Soccer	Competitions	Food & Entertainment
	Kid's Fitness		

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



# 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'll be in good company when you become a sponsor.

### 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 gifts.
- Registration includes easy, customizable fundraising page.
- Emails, social media posts, tips provided.

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



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)