



An annual event since 2008

BIG CARDIO

5K • FITNESS • SPORTS • CYCLE • FUN

Virtual 2020

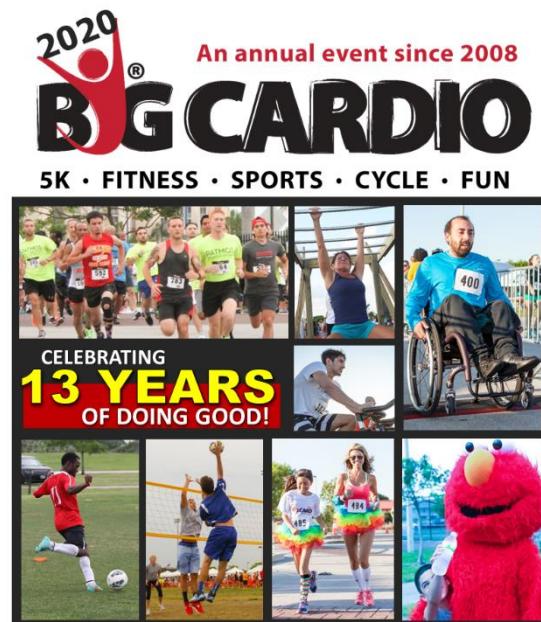
-- FREE --

LIVE STREAM EVENT
SATURDAY, MAY 2, 2020
7:30am – 12:30pm

5K run/walk | workouts | guest speakers | prizes

Event located at Facebook
 @bigchildrensfoundation

Info and register at: bigcardio.org



2020 An annual event since 2008

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CELEBRATING
13 YEARS
 OF DOING GOOD!

EVENT: BiG Cardio 2020 – Virtual Edition
 DATE: Saturday, May 2, 2020
 TIME: 7:30am – 12:30pm
 EVENT LOCATION: Facebook Live Stream @bigchildrensfoundation
 ACTIVITY EXECUTION: Participant’s homes
 PURPOSE: Fundraiser



Benefiting BiG Children’s Foundation, 501 (c) non-profit organization, EIN 47-3552022.
 Gifts are tax deductible as allowed by IRS law. Please check with your accountant.

EVENT DESCRIPTION:

This is a FREE Live Stream Virtual Walk/5K (unofficial), Fitness, and Fun Event that you participate in from your home. Event includes a walk/run (5K), fitness workouts, swim challenge, guest speakers, and a chance of winning raffle prizes for those who register. Anyone can participate, open to all. This is fundraising event to benefit teens in foster care through BiG Children's Foundation. Please give generously. Thank you.

There will be a live moderator interacting with the participants, and everyone is encouraged to post pictures and videos on BCF's live Facebook Event page in real time. We also encourage participants in the other fitness workouts to do the same as it makes it fun and enjoyable when we participate and interact together. Although the 5K is not an official, timed race, we encourage runners to post a picture of their completed race stats/time from their fitness app, apple watch, fitbit, etc.

FUNDRAISER EVENT SCHEDULE

Lineup may change without notice

- 7:30am Goes live on Facebook @bigchildrensfoundation
- 7:45am National Anthem, Prayer, Announcements, Warm Up
- 8:00am Family walk/run (5K) begins for all ages (participants post pics/video in real time)
- 9:15am Emcee interaction, raffle prizes randomly-chosen (must register to be included in drawing, no charge),
- 9:30am Cardio Class, PT Workout, or Swim Challenge (participants post pics/vids)
- 10:30am Yoga/sport stretch (participants post pics/vids)
- 10:45am Emcee interaction, raffle prizes-randomly chosen (must register to be included in drawing, no charge)
- 11:00am Community Round Table and Live Q&A
Topics:
Mental Health Talk - Indi Reid, LCSW IndiHeartandMind
Nutrition and Mind/Body Connection
Infectious Disease
Spiritual Health
Skin Protection
Safe Water Play
More
- 12:00pm Healthy snack preparation together
- 12:15pm Emcee interaction, raffle prizes-randomly chosen (must register to be included in drawing, no charge)
- 12:30pm Prayer, Close

EVENT PRODUCED BY:

BiG Children's Foundation, Inc.

2020 W. McNab Road

Fort Lauderdale, FL 33309

(954) 933-3129

President and Chair, Joyce Feldman

Staff, Board of Directors, and Volunteers

joyce@bigcf.org

www.bigcf.org