



CELEBRATING 10 YEARS OF DOING GOOD

5K • CYCLE • FITNESS • SPORTS • FEST

**Saturday, May 6, 2016**

**7AM - 2 PM**

**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  
Cardio Class  
Cycling Class  
CrossFit  
KidFit

Road Cycling  
Soccer  
Volleyball  
Basketball  
Soccer Clinics

BiG Fun Zone  
Climbing Wall  
Bungee Jumping  
Giant Slide  
Carnival Games

Toddler Rides  
Bounce Houses  
Face Painting  
Mini Golf  
BSO Helicopter

**BACK BY POPULAR DEMAND!**

Soccer Tournaments and Clinics provided by



**FCBESCOLA**  
SOCCER SCHOOL

**K6 KaptivaSports**

**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.com/teamcaptain](http://BiGCardio.com/teamcaptain)).
- 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 easy, 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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**KS KaptivaSports**

**Dutton Press**



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 children and youth in South Florida. [BiGCF.org](http://BiGCF.org)