



An annual event since 2008

BIG CARDIO

5K • FITNESS • SPORTS • CYCLE • FUN

Saturday, March 2, 2024

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



Be part of doing good while changing lives!



Team Spirit • Camaraderie • Fun

SIGN UP

- Become a team captain (download your kit at 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

START FUNDRAISING

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

Sign up today at 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