

# **BIG CARDIO**

An annual event since 2008

**5K • FITNESS • SPORTS • CYCLE • FUN**

**There's Something For Everyone.**



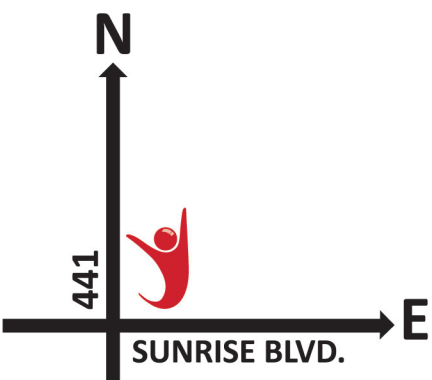
5K • Cardio Class • Cycling Class • Obstacle Course • Fitness Yoga • Kid's Fitness • Soccer • Volleyball • Basketball • Soccer Clinics • Fun Zone

**Saturday, May 7, 2022**



**Central Broward Regional Park**  
**3700 NW 11th Place, Lauderdale, FL 33311**  
**(NE corner of Sunrise Blvd and US 441)**

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



**THIS  
COULD  
BE  
YOU!**

**JOIN OUR TEAM** and support South Florida's at-risk youth.

**TEAM NAME** \_\_\_\_\_

**TEAM CAPTAIN** \_\_\_\_\_

**CONTACT #** \_\_\_\_\_

**Registration Fee: \$35 Adults (age 13 & up) / \$20 children (age 6-12)**  
**FREE children 5 & under and spectators.**

**Register now at [www.bigcardio.org](http://www.bigcardio.org) and select "Join A Team"**



Proceeds Benefit  
**CHILDREN'S  
FOUNDATION**  
*Providing opportunity and hope for at-risk youth.*

On any given day in South Florida, there are 4,000 teens in foster care. Without family and a proper support system, most will experience a negative outcome upon their emancipation. BIG Children's Foundation is on a mission to change these outcomes. We aim to restore their health, improve their quality of life, and set them on a path that leads to success. We reshape their future! To learn more, please visit [ReshapeTheirFuture.org](http://ReshapeTheirFuture.org)