



Big Cardio

An annual event since 2008

5K • FITNESS • SPORTS • CYCLE • FUN

There's Something For Everyone.



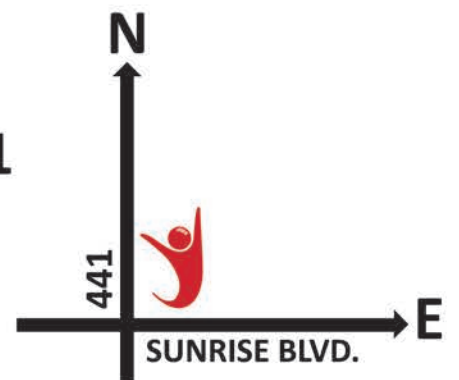
5K • Cardio Class • Cycling Class • Obstacle Course • Fitness Yoga • Kid's Fitness • Soccer • Volleyball • Basketball • Soccer Clinics • Fun Zone

Saturday, May 6, 2023

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



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: \$40 Adults (age 13 & up) / \$25 children (age 6-12)
FREE children 5 & under and spectators.

Register now at 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