

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



An annual event since 2008

BIG CARDIO

5K • FITNESS • SPORTS • CYCLE • FUN

Saturday, May 6, 2023

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	Soccer	Fun Zone For All	Kiddie Rides
Cardio Class	Volleyball	Climbing Wall	Bounce Houses
Cycling Class	Basketball	Bungee Jumping	Face Painting
Obstacle Course	Soccer Clinics	Slides	Mini Golf
Kid's Fitness			Carnival Games

Registration and information : www.bigcardio.org

