DAN'S HUNGER 100 RUN

AND "KEEP YOUR HEALTH ON TRACK"
WELLNESS FAIR

SATURDAY, JANUARY 19
MOUNTAIN VIEW HIGH SCHOOL TRACK

benefitting **COMMUNITY FOOD BANK** OF SOUTHERN ARIZONA

DAN WILL RUN **100K** OVER **12 HOURS**

to help end hunger in southern Arizona, and he is challenging you to be a part of it. Run or walk and attend the Keep Your Health on Track Wellness Fair—all are welcome!

Take Dan's Challenge

- **Register to run or walk, solo or as a team.** You pick the length and time—your run, your choice.

- **Challenge friends and family to join your team**—to run, raise funds, or to come cheer you on.

- **Make it a friendly competition.** Challenge other runners, schools, and teams. Choose how many miles you'd like to run, or run all 100K as a relay.

- **Cheer Dan on to the finish line.** He'll be running from 5am to 5pm.

- **Win prizes and bragging rights!**

Attend the Free Wellness Fair

NEW THIS YEAR!
12 - 5PM AT MOUNTAIN VIEW TRACK

- **Tips for healthy eating**
- **Garden demos**
- **FREE health screenings**
- **Stress management tips**
- **Health & fitness classes**
- **Track hacks**
- **Prizes & giveaways**
- **And much more!**

ALL AGES ARE WELCOME! No pets or bicycles allowed

Register to take Dan's Challenge or make a donation at
communityfoodbank.org/Dans-Run