

Run For Food

Thursday, November 26 8:00 a.m.

Downtown Sioux Falls, SD

Run starts and finishes along Eighth Street by the Banquet [Eighth and Indiana].

1 mile, 3.1 mile, and 6.2 mile courses.

Walkers also welcome!

The Banquet is a feeding ministry that serves hungry people in our community in the spirit of dignity and respect. Let's all have a purpose to get together to assist and remember others that may not be as fortunate.

Runners want to run and runners want to eat; therefore we want to run before we eat on Thanksgiving.

▶ No registration ▶ No frills ▶ No T-shirt give away ▶ No refreshments

➤ Just get together to run with others and support a good cause on a day to give thanks.

Suggested \$10 donation to the Banquet OR support [Shower our Guest with Care](#) – The Banquet is teaming up with **Lewis Drug** stores to market the ready-to-purchase personal care items. **Beginning November 1st “Shower Our Guests with Care” packets will be available for purchase for \$9.99 at the register. There will be collection boxes at the Lewis Drug stores so donors can leave the Christmas gift there..** If others want to contribute or want to come down that morning and walk for a ¼ mile or a mile prior to enjoying the rest of their day; that is also fine. Everyone is welcome.

Visit <http://thebanquetsf.org/contribution/index.htm> for more information on the banquet and other ways to contribute to help those in need.

The courses will be a loop:

1 Mile Course: Indiana north to Third, West one Block to Franklin and then south back to 7th Street; take 7th Street east to Indiana back to the Banquet.

3.1 Short course: Indiana north to Third, over to Falls Park Drive, get onto bike trail, go south on bike trail, get off trail at Cliff (and River Road) and head back--take Nelson, to Indiana back to the Banquet.

6.2 Long course: Indiana north to Third, go over to Third Ave. and Falls Park Drive; get on the bike trail and head south; go south to 26th Street [Rotary Nolin Park]; get off of trail and take 26th Street west to Van Eps; take Van Eps north to River Road; cross Cliff to Nelson; take Nelson over to Indiana and back to the Banquet.

Advertising will be done by email through the health, running community, and word of mouth.
Please pass this on to others that may be interested.

<http://www.runningahead.com/groups/Food>

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