

SEIU 521 Members:



FUN, FIT AND FOR A CAUSE 2012

Are you ready to start the New Year with a healthy and fun new start?
 Are you ready to take your fitness to the next level with a new challenge?
 Even better, are you ready to get fit for a Cause in your community?

Then join SEIU 521 members throughout our region in 2012 by participating in any of the races below. Your registration goes towards the cause the race is associated with and you can do additional fundraising with your family and friends if you would like.

If you pre-register and email us or bring a copy of your confirmed registration, we will provide you with your 521 Fun, Fit and For a Cause gear for race day. You can email your registration form to glorianne.buan@seiu521.org or drop it off at your SEIU Local 521 office.

If you want to participate as a team, get your co-workers and/or family together and let us know, we will get others to join the SEIU 521 team for that day!

To register online to these events, go to
www.seiu521.org/region2 or www.facebook.com/seiu521Region2

Event	Date/Time	Location	Cause	Registration Website
Rotary Mission 10 Mile & 5 K	1/28/2012 10 Mile at 10:00 a.m. 5K at 10:15 a.m.	Mission San Juan Bautista	Local Scholarships and Charities	www.svetiming.com/Mission-10/events/Rotary-Mission-Ten-10-Mile-5k
Together with Love Run/Walk	2/12/2012 5K at 9:00 a.m.	Pacific Grove	Monterey County Rape Crisis Center	www.mtryrapecrisis.org/race.htm
She.Is. Beautiful Santa Cruz Pinkest 5K/10K For Women Only	3/25/2012 Time TBA	Santa Cruz	Walnut Avenue's Women's Center	www.runsheisbeautiful.com/
14th Annual Heart & Sole 5K and 10K	5/19/2012 8:30 a.m.	Monterey Park School in Salinas	Salinas Valley Memorial Hospital Children's Miracle Network	www.active.com/running/salinas-ca/15th-annual-heart-and-sole-2012
PAL's Mother's Day Artichoke Festival & 5K	6/9/2012 Time TBA	Castroville	Youth Programs provided by Monterey County PAL	www.theschedule.com/EventInfo.cfm?EventID=22953
Run in the Name of Love 5K and 2K	6/17/12 Time TBA	Carmel	Local Youth Foundations	run4love.org/

Stay connected! Follow us at <http://www.facebook.com/seiu521Region2>
 and visit <http://www.seiu521.org/region2>