



## **San Diego Food Bank – Press Release**

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**For immediate release:**

### ***Run for the Hungry 5K & 10K (Thanksgiving Morning) to benefit San Diego Food Bank/ JFS Foodmobile***

San Diego, Calif. – November 2, 2008 – This Thanksgiving morning thousands of San Diegans will don their running shoes to support the San Diego Food Bank and Jewish Family Service’s Foodmobile at the seventh annual Thanksgiving Day Run for the Hungry 5K & 10K in the heart of downtown San Diego.

The scenic 5K (3.1-mile) and 10K (6.2-mile) run/walk starts and finishes in Petco Park East at the corner of 13th & Imperial. The two courses run through the heart of downtown, featuring live entertainment along the course. Last year’s event attracted more than 4,000 people.

“Running or walking through downtown San Diego with close friends and family is the perfect way to start Thanksgiving Day,” said Kathy Loper, race director. “The race starts at 8 a.m. and finishes in the morning so families can get back to Thanksgiving preparations. It is a family-oriented event that’s perfect for all age groups and fitness levels.”

Four-legged family members are also encouraged to participate. Participants can register dogs for a \$10 fee, and they’ll receive a special race bandana, enjoy doggie water stations along the course, and receive a treat at the finish line.

Race-day registration opens at 6:30am, and all registered participants will receive a colorful commemorative T-shirt. Race day registrations must be completed by 7.45 am.

Registration is easy and simple online at [www.kathylopererevents.com/hungry](http://www.kathylopererevents.com/hungry) or by calling Kathy Loper Events at (619) 298-7400.

With the current economic crisis, the holidays will be an especially difficult time for families this year. Race-goers are asked to bring non-perishable canned goods which will be distributed to families in need.

This holiday season more than 480,000 individuals in San Diego County will face the threat of hunger. Of this number, 181,000 are children under 12. Please donate and help feed a family in need.

#### **EDITORS NOTES:**

**Time:** The race is Thanksgiving Day morning, November 27, 2008, and starts at 8:00am. For most people the race can be completed in under an hour and a half.

**Event day registration:** closes at 7:45 a.m. - plan to arrive early.

**Route:** The race begins on Imperial Ave to Park Blvd, left on Park to Tony Gwynn Way, Right on Tony Gwynn to Market, left on Market to Harbor, right on Harbor to Kettner, Right on Kettner to Broadway, right on Broadway to 5th, right on 5th to Market, left on Market to 13th, right on 13th to K, right on K to Park Blvd for the finish. The 10K will repeat this loop for the correct distance.

**Parking:** San Diego Police will close streets into the parking lots around Imperial Avenue at 7:30 a.m. Plan to arrive early and carpool. There is additional paid parking around the area within a 4-5 block walking distance.

**The Jewish Family Service Foodmobile** receives a portion of the money raised from this event. Since 1971, Foodmobile has delivered kosher meals to homebound seniors and, since 1998, younger homebound, disabled adults. During 2007-8, Foodmobile delivered over 28,000 meals. Learn more about Foodmobile at [www.jfssd.org](http://www.jfssd.org)

**The San Diego Food Bank** distributes more than 10 million pounds of food annually to individuals, families and a network of non-profit organizations that work to alleviate hunger throughout the county. Learn more about the San Diego Food Bank at [www.sandiegofoodbank.org](http://www.sandiegofoodbank.org)

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