



## E-Race Loneliness 5K and 10K

*Run, Walk and Roll to benefit  
Youth and Elders Programs*

# Bessie's Hope

Bringing Generations Together

*Presented by*



**WHEN: SUNDAY, JULY 31, 2011**  
7:00 a.m. Check-in and Registration  
8:00 a.m. 5K and 10K Race/Walk begins  
(optional shorter course also available)  
Live Music, Silent Auction, Fun Activities, Interesting Vendors  
Awards for race winners per age category

**WHERE: CITY PARK in DENVER**  
17<sup>th</sup> Ave near Pavilion between St Paul & Milwaukee

**HOW: REGISTER ONLINE at [www.bessieshope.org](http://www.bessieshope.org) or call 303-830-9037**  
**\$25 Early Registration Fee**  
**Day of Event \$30 Registration Fee**  
(Kids under 10 participate for free)  
Pledge Form Registration also available. Gather registration fee in pledges and pay day of event. **GATHER PLEDGES \$100 AND OVER AND BE ENTERED INTO PRIZE DRAWINGS.**

Ask friends, family & associates to support Bessie's Hope by pledging to support your participation in the Run/Walk. Gather a group and carry your banner! The more funds you raise, the more you help promote and sustain the programs of Bessie's Hope!

**WHY:** Bessie's Hope has served metro Denver communities for 17 years, enhancing the quality of life for nursing home/assisted living elders and bringing generations together in mutually rewarding relationships through volunteer programs for all ages. Lives of elders and "at-risk" youth are transformed.



**PK**  
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NEWS RADIO



**Special Emcee: Mark McIntosh**  
Broadcasting Professional and  
Charismatic Public Speaker

**Public Service**  
Credit Union  
TOGETHER WE'RE BETTER

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