

# Walk/Run for Fun!

## SNMH Sponsors a Cystic Fibrosis 8k (4.97 miles) Run/Walk

Course measured by calibrated measuring wheel by STRC personnel

### Event Details

September 25th

Empire Mine • Grass Valley

8:15am Sign-in • 9:00am Walk/Run

No Awards, No Age Groups - Come out & support our cause & **RUN FOR FUN!**

### Sign-Up

Call the SNMH Wellness Center at (530) 274-6124

Checks to be made out to: Cystic Fibrosis Foundation



Sierra Nevada Memorial Hospital  
A member of CHW

**\$20 to participate**

**Optional:** collect sponsors

**Raise \$100:** receive a CF t-shirt

**Raise \$250:** receive a hat or sweatshirt

Remember  
to Carry  
Water!



All proceeds to benefit the Cystic Fibrosis Foundation. Cystic Fibrosis is a life threatening genetic disease, which affects the lungs and digestive system. The money raised from this walk will help support vital science. The 30,000 children and adults with Cystic Fibrosis are counting on all of us.

