

# 5K RUN CFD

proceeds go to:  
THURSTON COUNTY FOOD BANK  
**FOR KIDS** PROGRAM

Join us for a SUPER fun  
Charity run, HeroRun2016!  
Dress in your best **Superhero** costume!

September 17, 2016  
Capitol Lake -  
Heritage Park  
Start Time: 10:00AM

## HERORUN2016



For more information, or to sign up visit

[WWW.CFD.WA.GOV](http://WWW.CFD.WA.GOV)