



Scotiabank Toronto Waterfront Marathon October 16, 2011



Join the **HARVEST HEROES** Team!

Come walk or run (5k, half/full marathon) with the North York Harvest Food Bank and help raise funds that make a difference to people who are facing hunger. We believe everyone should have access to food! You can help make that happen.

For time and locations please visit our website

The North York Harvest Food Bank is the second largest food bank in Toronto, distributing more than 1.6 million pounds of food last year.

All participants receive a free "Performance Cap"

All half/full marathon runners, who register before September 6th, receive a free "wick-away" dry running shirt (value \$30)

For every \$500 raised, your name will be entered into a draw to win fabulous prizes!

Raise funds to help the North York Harvest Food Bank:

→Deliver food to our network of 60 programs

→Distribute more than 150,000 food hampers (3 days worth of groceries) to families and individuals

To be a Harvest Hero or to donate to our team contact...

Shirah Stern t: 416-635-7771 ext. 33

e: shirah@northyorkharvest.com

or visit

www.northyorkharvest.com/stwm for more details



WE NEED

**50 Participants
to Raise \$50,000**