

5K FUN RUN/WALK

All proceeds to benefit
**Grace Episcopal Church &
Cedar Valley Humane Society**



Saturday, October 2nd

**Grace Episcopal Church
525 A Avenue NE, Cedar Rapids**

8:00—8:45 a.m. Check-In

9:00 a.m. Fun Run/Walk Begins

10:00 a.m. Blessing of the Animals

Early Registration Deadline is September 24th:

\$12 for Adults

\$7 for Children under 12

Children under 3 are free

**DOGS ARE
WELCOME!**

Registration after September 24th:

\$15 for Adults

\$8 for Children

Children under 3 are free

The Fun Run/Walk will begin at Grace Episcopal Church, run along First Avenue, pick up the Nature Trail around Cedar Lake, and end back at the Church.

Return to the Church after the run for a Blessing of the Animals in the main sanctuary where your own pets will receive a blessing in honor of St. Francis Day. If your pet can't come, then a picture of your pet can also be blessed!

All participants will receive treats, refreshments and a t-shirt to commemorate the event.



REGISTER TODAY!



www.CVHumane.org

www.crgaceepiscopal.org

Registration forms can also be picked up at the Cedar Valley Humane Society, Edgewood Animal Hospital or Grace Episcopal Church